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NEW
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BOOK

ONE-PAN RECIPES

250+ ONE-POT, ONE-PAN, EVERYDAY MEALS

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DOTDASH MEREDITH CONSUMER MARKETING
DES MOINES, IA

Better Homes & Gardens
NEW COOK BOOK

ONE-PAN RECIPES

Better Homes & Gardens
TEST KITCHEN

Our seal assures you that every recipe in *Better Homes & Gardens® One-Pan Recipes* has been tested in the Better Homes & Gardens® Test Kitchen. This means that each recipe is practical and reliable, and it meets our high standards of taste appeal. We guarantee your satisfaction with this book for as long as you own it.

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the power of one

Making your life easier and more beautiful—in a word, better—has always been a part our mission at *Better Homes & Gardens*.® One of the best ways we know of to make any day better is to enjoy a delicious homemade dinner with minimal mess and fuss. That's where the one-pan plan—and this book—comes in.

The benefits of one-pan recipes go beyond the simplicity and ease of preparing them—although those are definitely factors. But when meat, poultry, legumes, veggies, grains, pasta, and/or cheese all mingle together in one pot or pan, the end result is so much greater than the sum of its parts.

This book contains more than 250 one-pan recipes for every taste, occasion, or hankering. Craving a cozy casserole for a cold winter night? Check out creamy Hash Brown-Ham Casserole *(p. 24)*, topped with crunchy, buttery cornflakes. Or maybe Chicken Cheeseburger Shepherd's Pie *(p. 48)*. Motivated to eat healthy? Toss together a simple sheet-pan supper of Roasted Salmon with Tomatoes and Corn *(p. 127)* or veggie-packed Sheet-Pan Chicken Fajitas *(p. 121)*.

And while your old-school sheet pans, Dutch ovens, soup pots, casseroles, baking dishes, and skillets are used to their full capacity in these recipes, you can also get an assist in meal prep from your slow cooker, electric pressure cooker, and/or air fryer *(see Power Up! starting on p. 222)*.

As with any recipe that's given the *Better Homes & Gardens* stamp of approval, all of these recipes are tested and tasted for quality and practicality. You will have success in your kitchen like we've had in ours—that's a promise.

ONE-PAN BASICS

Choose the right pan for your meal plan—and stock up on a few tips for best results every time you cook.

BAKING DISHES

The material a baking dish is made of affects how it bakes. Choose the right one for the job.

GLASS Glass baking dishes are excellent for all-purpose baking. Glass is a nonreactive surface, which is necessary for citrusy dishes, egg casseroles, and tomato dishes. These acidic ingredients can discolor food and produce an off flavor if prepared in a pan with a reactive metal surface, such as aluminum. When baking in glass, never turn on the broiler or add cold ingredients to a hot dish. The dish can shatter easily with sudden temperature changes.

METAL A metal 13×9-inch pan holds 3 quarts, but its use is different than for glass or stoneware. Most often, metal pans are used for baking cakes, bars, and brownies. They're usually made of steel, aluminized steel, or aluminum, and some have nonstick finishes.

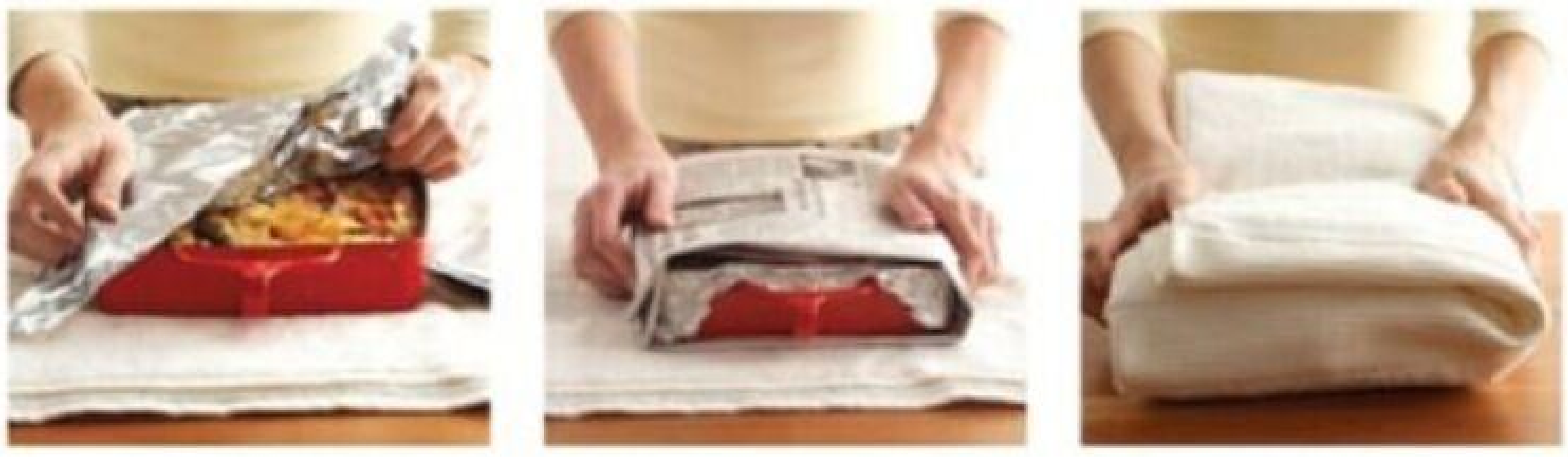
STONEWARE AND ENAMELED CAST IRON Like glass, stoneware is a good nonreactive baking dish. But unlike glass, most stoneware and enameled cast iron can go under a broiler. Check the manufacturer's directions to be sure. Cool the dish completely before cleaning to avoid cracking.

DISH OR PAN?
Terminology to know: A baking dish refers to a glass, ceramic, or stoneware dish. Baking pans are composed of metal.

SIZE CHECK

If you're unsure of the size of your dish, use a measuring cup to determine the capacity by filling it 1 quart at a time.

SAFE TOTING We recommend using an insulated casserole carrier to transport hot casseroles. To avoid a mess, wrap the casserole in a layer each of foil, newspaper, and towels; place the dish in an insulated carrier. Be sure to stabilize the casserole with additional newspaper or towels to prevent shifting or spills while transporting.



LET IT STAND Allowing a casserole to stand for several minutes after it comes out of the oven improves the texture and flavor and allows the food to firm and hold a cut edge. This is especially true with hot and cheesy dishes and layered casseroles.

CHECK DONENESS!

For food safety—and best flavor—heat your casserole to 160°F. When the casserole is bubbly around the edges, insert a thermometer at an angle into the center of the food, being careful not to touch the dish.

SHEET PANS & MUFFIN TINS

The sheet pan is one of the most versatile pans in your kitchen—and muffin tins can be used for a variety of recipes far beyond their namesake.

SHEET PAN

Use this large rimmed baking sheet, often made of aluminum, for both baking and roasting. Compared to a rimless baking sheet, these have raised sides that help contain cooking juices, sauces, and marinades. The most common sheet pan size is 18×13 inches, which is also called a half sheet pan.

GREASE WELL

Even in pans with a nonstick finish, the angular shape of muffin cups makes them prone to sticking. If the recipe specifies, brush or spray oil into and around the edges of each muffin cup.

CARE AND CLEANING Completely cool pans before washing. Most pans should be hand-washed to keep their integrity with continued use. Avoid abrasive scrubbers, and clean each cup thoroughly so no food or grease is left in the pan.

MUFFIN TIN

These are generally made from aluminum, stainless steel, silicone, or carbon steel. Nonstick pans usually have a silicone or ceramic coating over a steel base.

SIZE IT UP Muffin pans come in three sizes with 6, 12, or 24 cup-shape openings: MINIATURE 1¾-inch-diameter cups; STANDARD 2½-inch-diameter cups; JUMBO 3½-inch-diameter cups.

LINE IT

Baking cups make cleanup easier. The most popular varieties are made of paper or foil—but they are made of reusable silicone as well. Specialty paper cups with festive designs are increasingly available.

TIME AND TEMP To adapt a standard-size muffin recipe to make jumbo or mini muffins, or muffin tops, use the chart below. Baking times are approximate.

Pan Size	Time/Temperature
Mini (1¾-inch)	10–12 min/400°F
Standard (2½-inch)	15–18 min/400°F
Jumbo (3½-inch)	About 30 min/350°F
Muffin tops (3½-inch)	8–10 min/400°F

SKILLETS, WOKS & SAUCEPANS

How often you cook and the style of your cooking—as well as your budget—will determine the best types of pans for you.

Good-quality cookware is an investment worth making—if you treat it well, it will last for years. Always check the manufacturer's directions to see if your skillet is oven-safe. All-metal pans—with metal handles—are typically fine for use in the oven. (Skillets with enamel or nonstick coating or plastic handles may be for stovetop only.) These cookware materials are readily available.

ALUMINUM
Aluminum is a good heat conductor—the heavier the pan, the better. Nonstick finishes prevent acidic food reactions, which may discolor the food.

CAST IRON
These pans are heavy and sturdy. They conduct and retain heat well but require seasoning and careful cleaning. Follow manufacturer's directions.

CERAMIC
This skillet is aluminum with a nonstick ceramic coating. It conducts heat well, and the coating can withstand higher temperatures than traditional nonstick coatings.

COPPER
Typically lined with stainless steel, these pans are heavy and sturdy. Copper is the best heat conductor, but it needs occasional polishing (and is pricey).

STAINLESS STEEL
This metal conducts heat poorly, so it usually has a core of aluminum or copper called tri-ply. Stainless steel doesn't scratch or dent easily or react to acidic foods; it does clean easily.

MEDIUM SKILLET = 8 INCHES

LARGE SKILLET = 10 INCHES

EXTRA-LARGE SKILLET = 12 INCHES

Straight-sided sauté pans with lids work well for browning and simmering.

Sloped sides on a skillet make it easy to toss, flip, and remove foods.

SMALL SAUCEPAN = 1 or 1½ qt.

MEDIUM SAUCEPAN = 2 qt.

LARGE SAUCEPAN = 3 or 4 qt.

SAUCEPANS
Saucepans have tall, straight sides with tight-fitting lids. Use a small saucepan for melting chocolate and butter. A medium saucepan works well for making sauces and cooking rice. A large saucepan cooks small-batch soups and stews.

WOK

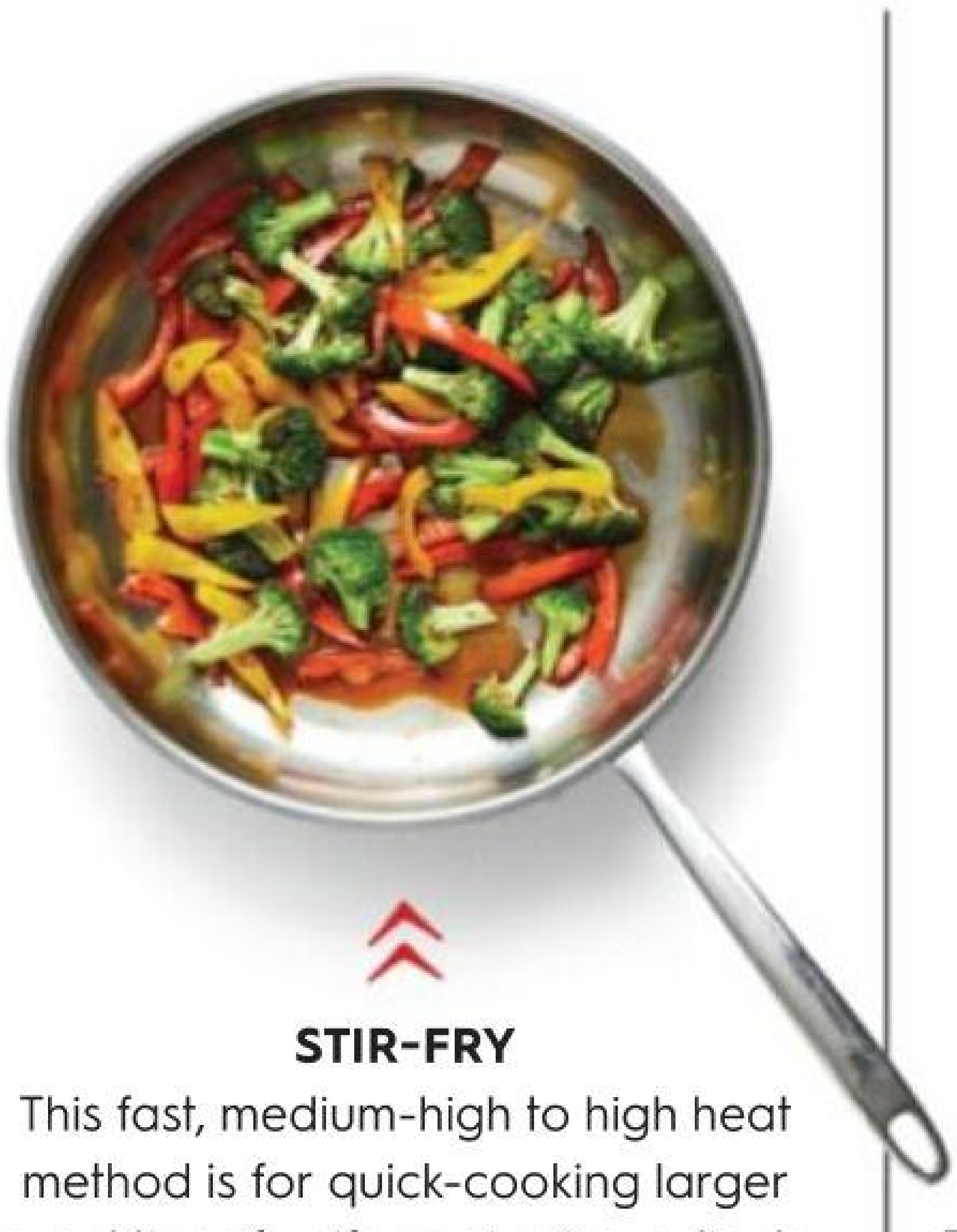
This specialty pan has high, sloping sides, making it ideal for stir-frying. Woks are available in stainless steel and carbon steel, both of which are excellent for very high heat. Carbon-steel pans require seasoning and careful cleaning, but can take on a nonstick quality over time. A large stainless-steel skillet is a fine substitute. (Avoid nonstick skillets for stir-frying as most are not designed for cooking over the highest heat.)

METHOD MATTERS

Although all of the cooking methods below involve cooking foods in some kind of fat—butter or any one of a number of oils—there are differences in heat levels and methods for each. When properly followed for the specific type of food you're cooking, you'll get optimal results every time.

SAUTÉ

Cook and stir food in a small amount of oil over medium to medium-high heat in a skillet. The goal is crisp-tender veggies with caramelized surfaces.



STIR-FRY

This fast, medium-high to high heat method is for quick-cooking larger quantities of uniform-size ingredients. Small amounts of oil are used in a wok or extra-large skillet. Stir foods constantly.

PAN-FRY

This method uses enough oil to lightly coat the bottom of the skillet. The surface of the food browns and, if coated, turns crisp. Thin cuts of fish and chicken cook well this way.

DUTCH OVENS & SOUP POTS

For soups, stews, and braises (and even for baking bread!) the Dutch oven is unparalleled.

WHAT IS A DUTCH OVEN? This sturdy pot includes a snug, tight-fitting lid. They're available in many sizes—from 1 quart to 13 quarts. For most recipes, a 4- to 6-quart Dutch oven is the perfect size. The cost varies greatly depending on the type of metal it's made of, the size of the pot, and the quality of construction. Anodized-aluminum, stainless-steel, and basic cast-iron 4- to 6-quart Dutch ovens all run about the same price—around $50—while enameled cast-iron Dutch ovens go up from there.

ENAMELED OR REGULAR Enameled cast iron has a hard, shiny layer of glaze that protects the pot from rust and prevents it from reacting with food. Extreme overheating may cause the surface to crack. If you have a cast-iron Dutch oven without this type of finish—and it did not come seasoned—you will need to season it before you use it.

HEAVY METAL When choosing a Dutch oven, the heavier the metal the better. Cast iron is the preferred material for Dutch ovens because its heavy weight allows it to distribute heat more evenly and retain heat longer. For lighter-weight options, we recommend anodized aluminum or stainless steel with a copper or aluminum base to ensure even heating.

THE SUPER POT

A Dutch oven is an incredibly versatile pot. When purchasing one, make sure both the pot and lid are oven-safe. With oven-safe capabilities, a Dutch oven allows you to oven-braise meats and poultry to juicy tenderness, slow-cook soups and stews without leaving a stovetop burner on for hours, and even bake bread.

COOKING POT OR STOCKPOT

This large, straight-sided pot with two small handles usually holds 8 quarts or more. It is best used on the stovetop because of its large size. It has more limited uses than other pots and pans in the kitchen, but is ideal for making big batches of broth or stock, soup, or pasta sauce—or even for cooking a big batch of pasta itself. If you happen to have the occasion to host a shrimp boil or cook whole lobsters, it comes in handy then, too.

IN A NAME

The history of the name "Dutch oven" is debated. Some say it came from a Dutch method of using molds to craft cast-iron cookware. Others say it came from the Dutch settlers and traders in Pennsylvania who used pots like these.

PLUG IT IN: HANDY KITCHEN APPLIANCES

Slow cookers, electric multicookers/pressure cookers, and air fryers have made cooking more convenient (and fun!) for busy cooks.

SLOW COOKER

The tried-and-true electric slow cooker maintains a low heat over a prolonged period, producing tender meats and creamy one-pot dishes. Slow cooker recipes often require little prep and hands-on time, making them a great option for busy days—as long as you plan ahead.

HOW A SLOW COOKER HEATS Well-balanced heat distribution results in the most even, consistent cooking. We recommend a cooker with an inner ceramic liner surrounded by heat coils that indirectly transfer heat to the food, especially if you want to bake breads or cakes. If you use a cooker with a removable bottom or a multicooker with a slow-cook function, use it only for braised dishes, soups, or stews.

SIZE WISE If you don't own the exact size of cooker called for in a recipe, not to worry—just be sure the cooker is filled at least halfway (with the exception of some baking recipes) and avoid filling it more than three-quarters full. Be aware that cook times and results may vary if you use another size slow cooker, especially with egg dishes and desserts.

LAYER IT RIGHT Veggies, meat, then liquid. Some veggies cook more slowly than meat in a slow cooker. The fat in meat helps hold in heat and speed the cooking process. For the most even cooking of one-dish recipes, place dense vegetables—roots, celery, or corn—on the bottom of the cooker and the meat on top of the vegetables. Tender vegetables like zucchini and broccoli should be added toward the end of cooking time to prevent mushy results.

ABOUT THE MEAT Always thaw frozen meat and poultry before cooking. Frozen meat slows the cooking rate, so food temperature hovers in the food-safety danger zone for too long. Also, while it's not necessary to brown meat before it goes into the slow cooker, if you have time, browning the meat in a skillet is worth it. The caramelization adds flavor and a golden-brown color to your finished meat.

COOKER CLEANUP To avoid cracking the ceramic liner, cool it to room temperature before washing. Wash it in hot, soapy water or in the dishwasher (if dishwasher-safe). Or skip the cleanup by using a slow cooker liner to line the ceramic liner before filling it. Do not immerse the heating base in water. Wipe it with a cloth and warm, soapy water.

TEST YOUR OLD COOKER

If your slow cooker has been around for a while and you wonder if it still heats accurately, try this test: Fill the slow cooker one-half to two-thirds with water. Turn on the cooker and set it on the low heat setting. Heat the water for 8 hours, then check the water temperature with a food thermometer. The water should be about 185°F. A lower temperature indicates it's time for a new cooker.

KEEP THE LID ON

As food heats and cooks in a slow cooker, it releases steam and builds up condensation under the lid. Removing the lid releases heat and adds to the cooking time. If you must lift the lid to stir ingredients, do so quickly.

ELECTRIC PRESSURE COOKER

Electric pressure cookers look like slow cookers (and often have a slow-cook function). Following the cooker directions, electric cookers are easy to set—just hit a button or two. They require no further supervision as a timer tracks how long it takes the cooker to get up to pressure, cook the food, and depressurize.

CHECK IT OVER

Each time before using a pressure cooker, look over all its parts. Make sure the gasket is soft, flexible, and crack-free, then snap it into place. Make sure the pressure valve is in place and free of food or debris.

USING AN ELECTRIC PRESSURE COOKER

Cakes that will be removed from the pan call for a greased and floured pan; recipes that are served in the pan simply call for greasing.

1

FILL IT

Place ingredients in the cooker as directed in your recipe (brown meat first as directed). Lock lid in place and close the pressure valve. Select the setting and the cooking time. The digital display indicates when the cooker reaches the selected pressure (usually in 15 to 20 minutes) and then counts down the actual cooking time.

2

LET OFF STEAM

When cooking time is done, the cooker automatically begins to depressurize, called "natural release." This takes about 15 minutes. When the pressure has dropped, the pressure indicator sinks down and you can open the lid (until then, the lid stays locked). If the lid is still locked after 15 minutes of naturally depressurizing, you can open the valve to let out any remaining steam. For a "quick release," open the valve and let out steam as soon as cooking time ends.

3

OPEN UP

Use care when lifting the lid. The food inside is extremely hot, so a lot of steam escapes when you open the lid. Use an oven mitt or pot holder and be cautious of the steam to avoid burning your arms or face.

CLEANING YOUR ELECTRIC COOKER After cooking, clean the removable parts in hot, soapy water or the dishwasher according to the user manual. This includes the pot liner, lid and its removable parts, steam catcher, and gasket.

AIR FRYER

An air fryer is actually not a fryer—you don't plop food in a vat of oil and fry away. Instead, you put food in the air fryer's perforated basket, which fits into a fryer drawer. The basket allows the fryer's fan to circulate hot air around the food to cook it quickly and evenly. That means it's essentially an extra-powerful mobile convection oven. A traditional convection oven cooks the same way, but usually with a weaker fan and more air space. Air fryers are smaller and heat up faster. And there's so little room between the basket and the fryer's sides that the air circulates faster, intensifying the heat and speeding up cook times. So why is "fryer" in the gadget's name? Because you use just a spray or brush of oil in most recipes to make the food crispy, crunchy, and browned.

PHILIPS
350°
18

TOP 9 AIR FRYER TIPS & TRICKS FROM OUR TEST KITCHEN

1. COOK IN BATCHES. Overloading the fryer basket slows cooking. It also guarantees uneven results because hot air can't get to all the food surfaces. (And who likes soggy fries?)

2. WATCH THE TIMING. When batch-cooking, adjust the time as needed after the first batch. Cook times may be shorter for later batches because the air fryer is already hot.

3. PREHEAT IT—OR NOT. We generally preheat our air fryer to jump-start cooking. But fryers heat quickly so it's not essential.

4. AIR FRYERS VARY. Cook times differ from brand to brand and from small to large. During your first few recipe forays, watch food closely during the last few minutes to avoid burning. Sweets especially need extra attention because sugar scorches faster than many foods.

5. SPRAY IT. When you can, coat food with cooking spray before you put it in the fryer basket. Some recipes call for also lightly coating the basket to keep food from sticking. But as with skillets and pans, cooking spray could damage fryers' nonstick surfaces over time. Check the manufacturer's instructions to be sure.

6. SHAKE IT. Halfway through cooking, shake the fryer basket so the food crisps evenly. (Tongs make it easier and less messy to turn over breaded meat or delicate ingredients.)

7. TAKE CARE WHEN BREADING. Circulating air can blow around loose crumbs. You can minimize this by evenly coating food with oil (or whatever you're using to get crumbs to stick on) before breading it.

8. WATCH FOR SMOKE SIGNALS. Smoking usually indicates burning grease or crumbs. So always start with a clean basket and drawer. If you're cooking high-fat foods like bacon or skin-on chicken, prevent the drippings from smoking/overheating by cooking longer at a lower temp. We also pour a bit of water beneath the basket to prevent grease from becoming smoking hot.

9. USE THE PRESETS. Most air fryers have cook-time presets for various food types, which eliminates guesswork—particularly with meats. Get to know your device so you can use the built-in programming.

WHAT'S GREAT (AND NOT SO GREAT) ABOUT AIR FRYERS?

PROS

- **Healthier food is the biggest benefit: You need almost no cooking oil. Cooking spray, an oil mister, or a little oil with a basting brush are pretty much it.**
- **They heat up in minutes and cook 20 percent faster than ovens.**
- **There's only a drawer and basket to clean, and many brands make those dishwasher-safe.**
- **The outside stays safe to the touch—particularly beneficial when kids are around. (The inside does, of course, get very hot.)**
- **They're portable.**
- **They're easy to use.**

CONS

- **The fryer baskets are small, so if you are cooking for more than two, you may have to cook in batches. (The recipes in this book factor that in.)**
- **They can take up valuable countertop real estate, especially in small kitchens.**

KEEP IT CLEAN

Unlike ovens, air fryers need to be cleaned after each use. (Food residue can result in odors or unpleasant tastes the next time you air-fry.)

SPINACH-PANCETTA QUICHE
Recipe on p. 33

CASSEROLES & BAKES

When you're in need of something hearty and comforting, turn to these bake-until-bubbly recipes that nourish both body and soul.

VEGETABLE-BEEF
POT PIE

QUICK TO FIX. WITH SMART SHORTCUTS SUCH AS REFRIGERATED PIZZA DOUGH AND PREPARED ENCHILADA SAUCE, THESE HEARTY CASSEROLES CAN BE ON THE TABLE IN A FLASH.

VEGETABLE-BEEF POT PIE

HANDS-ON TIME 25 minutes
BAKE 15 minutes at 400°F

- **1 lb. lean ground beef or ground turkey**
- **1 cup chopped onion**
- **1 Tbsp. chili powder**
- **½ tsp. salt**
- **⅛ tsp. black pepper**
- **1½ cups frozen peas and carrots or frozen mixed vegetables**
- **1 14.5-oz. can diced tomatoes, undrained**
- **1 13.8-oz. pkg. refrigerated pizza dough**
- **1 egg, lightly beaten (optional)**

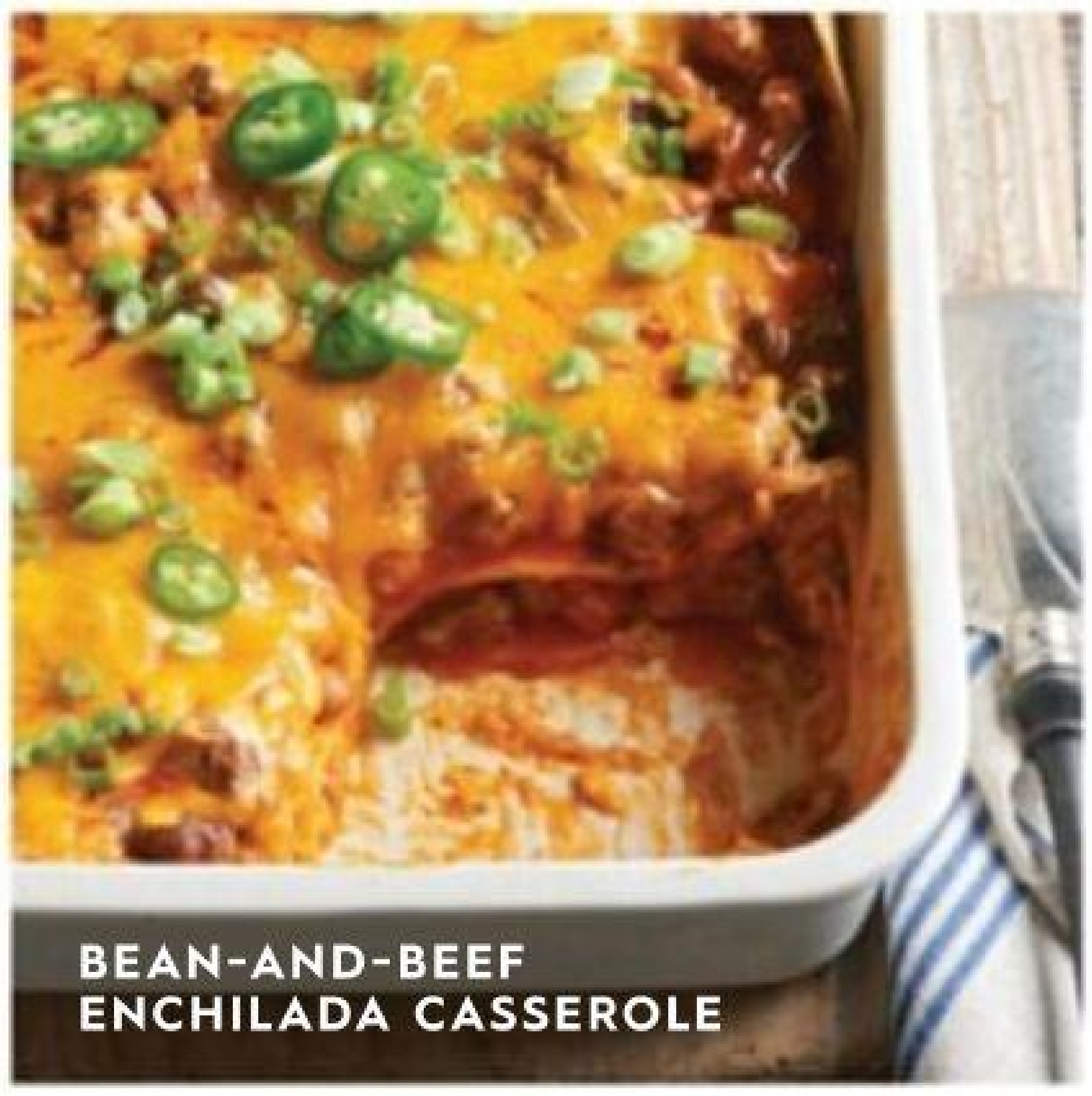
1. Preheat oven to 400°F. In an oven-safe 3- to 4-qt. pot cook ground meat and onion about 8 minutes or until meat is browned and onion is tender. Drain off fat.
2. Stir chili powder, salt, and pepper into meat mixture in pot. Add frozen vegetables and tomatoes. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes or until most of liquid is evaporated.
3. Meanwhile, unroll pizza dough; cut into pieces as desired. Arrange dough on top of the meat mixture in pot, trimming to fit. If desired, brush dough with lightly beaten egg.
4. Place pot in oven. Bake, uncovered, 15 to 20 minutes or until golden.
Makes 4 servings.
EACH SERVING *511 cal., 15 g fat (5 g sat. fat), 74 mg chol., 1,284 mg sodium, 62 g carb., 6 g fiber, 10 g sugars, 34 g pro.*

BEAN-AND-BEEF ENCHILADA CASSEROLE

HANDS-ON TIME 25 minutes
BAKE 40 minutes at 350°F

- **8 oz. ground beef**
- **½ cup chopped onion**
- **1 15-oz. can pinto beans, rinsed and drained**
- **1 4-oz. can diced green chile peppers, undrained**
- **1 tsp. chili powder**
- **½ tsp. ground cumin**
- **1 8-oz. carton regular or light sour cream**
- **2 Tbsp. all-purpose flour**
- **¼ tsp. garlic powder**
- **8 6-inch corn tortillas**
- **1 10-oz. can enchilada sauce or one 10.75-oz. can tomato puree**
- **1 cup shredded cheddar cheese (4 oz.)**
- **Sliced jalapeños* and/or green onions (optional)**

1. Preheat oven to 350°F. In a large skillet cook ground beef and chopped onion over medium-high heat until meat is browned. Drain off fat. Stir in beans, canned chile peppers, chili powder, and cumin.
2. In a small bowl combine sour cream, flour, and garlic powder.
3. Lightly grease a 2-qt. rectangular baking dish. Arrange half of the tortillas in prepared dish, cutting to fit. Top with half of the meat mixture, sour cream mixture, and enchilada sauce. Repeat layers.


BEAN-AND-BEEF ENCHILADA CASSEROLE

4. Cover with foil. Bake 35 minutes or until heated through. Sprinkle with cheese. Bake, uncovered, 5 minutes more or until cheese is melted. If desired, top with jalapeños and/or green onions. **Makes 6 servings.**
EACH SERVING *408 cal., 22 g fat (11 g sat. fat), 65 mg chol., 668 mg sodium, 34 g carb., 6 g fiber, 10 g sugars, 19 g pro.*
***TIP** Always wear plastic or rubber gloves when working with chile peppers. If the cut chiles touch your skin, the oils can create a painful tingle that lasts for hours and can't be washed off. If you do accidentally touch the chiles, wash hands well with soapy water; avoid touching your eyes until the tingle subsides.

CAST-IRON MAGIC. EVERY KITCHEN SHOULD BE EQUIPPED WITH A CAST-IRON SKILLET. IT'S GREAT ON THE STOVETOP, OF COURSE, BUT IT ALSO CREATES AN AMAZINGLY CRISP CRUST WHEN USED TO BAKE DEEP-DISH PIZZA.

CAST-IRON SKILLET CALZONE

CAST-IRON SKILLET CALZONE

HANDS-ON TIME 30 minutes
BAKE 25 minutes at 400°F

1	**lb. ground beef or turkey**
¼	**cup chopped onion**
1	**lb. fresh or frozen pizza dough, thawed**
½	**cup marinara sauce**
2	**cups shredded mozzarella cheese or Italian cheese blend (8 oz.)**
1	**cup sliced fresh mushrooms**
1	**cup chopped red, yellow, and/or green bell pepper**
½	**tsp. dried oregano, crushed**
¼	**to ½ tsp. crushed red pepper**
	Grated Parmesan cheese (optional)
	Snipped fresh Italian parsley (optional)

1. Preheat oven to 400°F. In a 9½- to 10-inch cast-iron or other heavy oven-going skillet cook ground beef and onion over medium-high heat until meat is browned. Drain mixture on paper towels. Wipe out skillet; cool slightly.

2. On a lightly floured surface, divide pizza dough in half. Roll one portion of dough into a 12-inch circle. Press onto bottom and up sides of skillet. Spread with marinara sauce. Top with meat mixture and next five ingredients (through crushed red pepper). Roll remaining dough into an 11-inch circle; place on top of filling. Pinch edges of bottom and top crusts together to seal. Cut slits in top crust.

3. Bake 25 minutes or until crust is golden and filling is bubbly. Let stand 5 minutes before serving. If desired, sprinkle with Parmesan cheese and/or parsley. Serve with additional warmed marinara sauce. **Makes 6 servings.**

EACH SERVING *498 cal., 22 g fat (9 g sat. fat), 73 mg chol., 782 mg sodium, 42 g carb., 3 g fiber, 7 g sugars, 32 g pro.*

HASH BROWN-HAM CASSEROLE

HANDS-ON TIME 15 minutes
CHILL 8 to 24 hours
BAKE 55 minutes at 350°F

1	**16-oz. carton sour cream**
1	**10.75-oz. can condensed cream of chicken soup**
1	**32-oz. pkg. frozen diced hash brown potatoes**
2	**cups cubed cooked ham**
8	**oz. cubed American cheese**
¼	**cup chopped onion (optional)**
2	**cups crushed cornflakes**
½	**cup butter, melted**

1. In a large bowl combine sour cream and soup. Stir in frozen potatoes, ham, cheese, and, if desired, onion. Transfer to a 3-qt. shallow baking dish. Cover and chill 8 to 24 hours.

2. Preheat oven to 350°F. In a medium bowl combine cornflakes and melted butter; sprinkle over potato mixture. Bake, uncovered, 55 to 60 minutes or until edges are bubbly. **Makes 8 servings.**

EACH SERVING *600 cal., 37 g fat (20 g sat. fat), 115 mg chol., 1,504 mg sodium, 52 g carb., 4 g fiber, 4 g sugars, 18 g pro.*

HASH BROWN–HAM
CASSEROLE

GOAT CHEESE, ARTICHOKE, AND SMOKED HAM STRATA

GOAT CHEESE, ARTICHOKE, AND SMOKED HAM STRATA

HANDS-ON TIME 30 minutes
BAKE 1 hour at 350°F
STAND 10 minutes

2 cups whole milk
2 Tbsp. olive oil
1 1-lb. loaf sourdough bread, cut into 1-inch cubes (about 12 cups)
5 eggs
1½ cups half-and-half
3 cloves garlic, minced
1½ tsp. herbes de Provence, crushed
¾ tsp. black pepper
½ tsp. freshly ground nutmeg
½ tsp. dried sage, crushed
½ tsp. dried thyme, crushed
1 cup crumbled goat cheese (chèvre) (8 oz.)
12 oz. smoked ham, chopped
3 6-oz. jars marinated artichoke hearts, drained and halved lengthwise
1½ cups finely shredded Parmesan cheese (6 oz.)
1 cup shredded Fontina cheese (4 oz.)

1. Preheat oven to 350°F. Grease a 3-qt. rectangular baking dish. In an extra-large bowl combine milk and olive oil. Add bread cubes, stirring to coat. Let stand 10 minutes.
2. Meanwhile, in a large bowl whisk together next eight ingredients (through thyme). Whisk in goat cheese until combined.
3. Spread half of the bread cube mixture in prepared dish. Top with half each of the ham, artichoke hearts, and shredded cheeses. Repeat layers. Pour egg mixture over all.
4. Bake, uncovered, about 1 hour or until center is set and edges are browned. Let stand 10 minutes before serving. **Makes 8 servings.**

EACH SERVING *693 cal., 38 g fat (19 g sat. fat), 218 mg chol., 1,661 mg sodium, 47 g carb., 3 g fiber, 8 g sugars, 41 g pro.*

HASH BROWN POTATO CASSEROLE

HANDS-ON TIME 25 minutes
BAKE 45 minutes at 350°F
STAND 5 minutes

Nonstick cooking spray
6 cups frozen shredded hash brown potatoes
1½ cups shredded pepper Jack or cheddar cheese (6 oz.)
2 cups chopped cooked ham, cooked breakfast sausage, or Canadian-style bacon
½ cup sliced green onions
8 eggs, lightly beaten
3 cups milk
¼ tsp. salt
¼ tsp. black pepper

1. Preheat oven to 350°F. Coat a 3-qt. rectangular baking dish with cooking spray. Arrange hash brown potatoes evenly in dish. Sprinkle with cheese, ham, and green onions.
2. In a bowl combine eggs, milk, salt, and pepper. Pour egg mixture over hash brown mixture.
3. Bake, uncovered, 45 to 55 minutes or until a knife inserted near center comes out clean. Let stand 5 minutes before serving. If you like, sprinkle with additional sliced green onions.
Makes 12 servings.

EACH SERVING *201 cal., 10 g fat (5 g sat. fat), 154 mg chol., 481 mg sodium, 11 g carb., 1 g fiber, 3 g sugars, 14 g pro.*

HASH BROWN POTATO CASSEROLE

CRUSTLESS DENVER
POTATO QUICHE

CRUSTLESS DENVER POTATO QUICHE

HANDS-ON TIME 15 minutes
BAKE 30 minutes at 375°F
COOL 15 minutes

3 Tbsp. olive oil
8 oz. tiny new red-skin or golden potatoes, cut into ½-inch pieces
¾ cup diced cooked ham
¾ cup chopped green bell pepper
½ cup sliced green onions
6 eggs, lightly beaten
1½ cups milk
2 Tbsp. chopped fresh flat-leaf parsley
½ tsp. salt
½ tsp. black pepper
1½ cups shredded cheddar cheese (6 oz.)
Nonstick cooking spray
½ cup panko bread crumbs

1. Preheat oven to 375°F. In a 4- to 6-qt. Dutch oven heat 2 Tbsp. of the oil over medium. Cook potatoes in hot oil over medium for 8 to 10 minutes or until lightly browned and almost tender, stirring occasionally. Stir in ham and bell pepper; cook 4 minutes more. Remove from heat. Stir in green onions.
2. In a large bowl combine the next five ingredients (through black pepper). Stir in potato mixture and 1 cup of the cheese.
3. Wipe out Dutch oven with paper towels (or wash and dry if necessary); coat with cooking spray. Pour egg mixture into the Dutch oven. Sprinkle with the remaining ½ cup cheese and the panko. Drizzle with the remaining 1 Tbsp. olive oil.
4. Bake, uncovered, 30 to 35 minutes or until a knife inserted in the center comes out clean. Let stand 15 to 30 minutes before serving. **Makes 6 servings.**

EACH SERVING *354 cal., 24 g fat (9 g sat. fat), 229 mg chol., 641 mg sodium, 16 g carb., 2 g fiber, 5 g sugars, 19 g pro.*

VEGETABLE, BACON, AND QUINOA QUICHE

VEGETABLE, BACON, AND QUINOA QUICHE

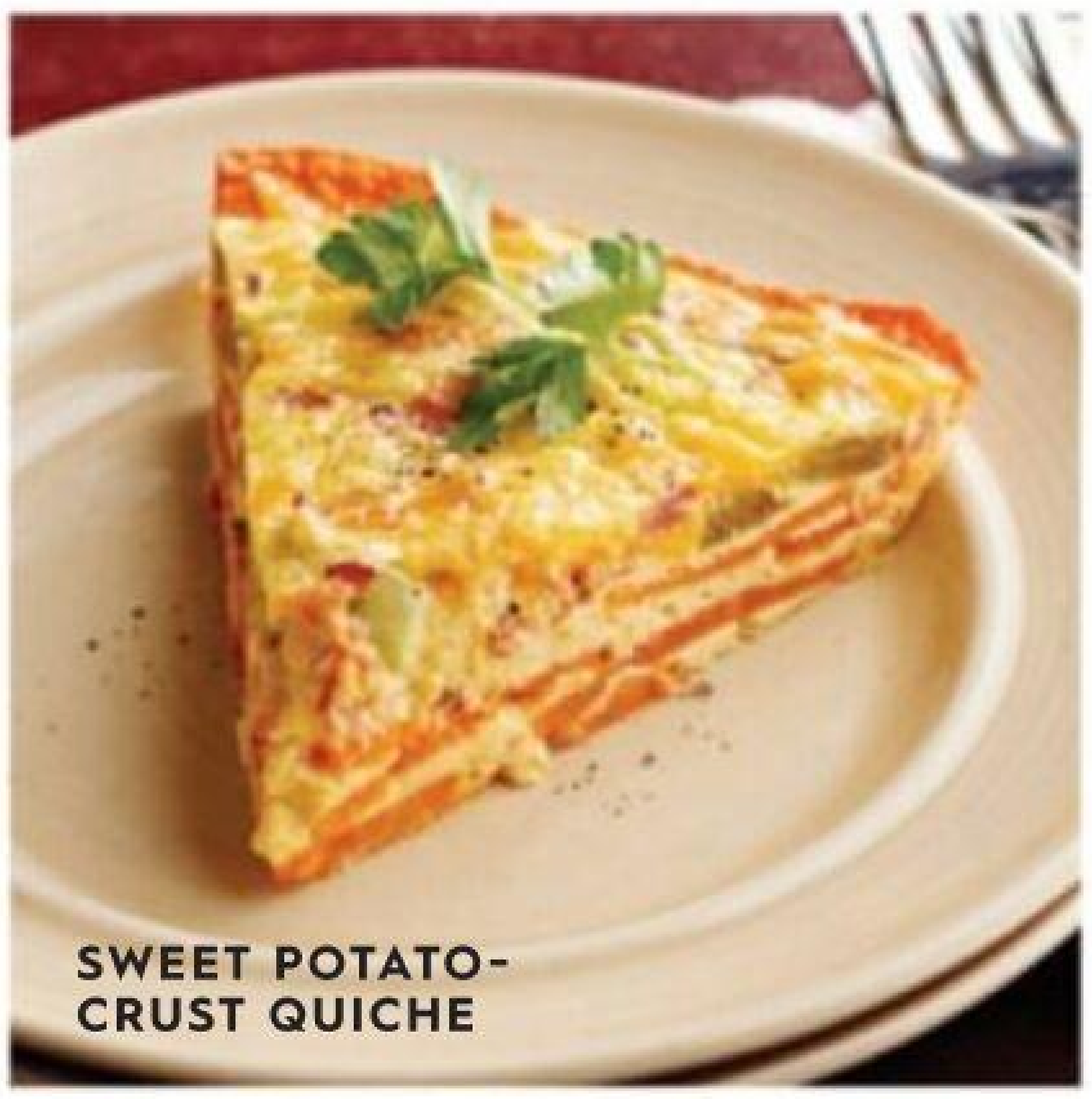
HANDS-ON TIME 25 minutes
BAKE 55 minutes at 350°F

Nonstick cooking spray
½ cup uncooked quinoa, rinsed and drained
3 cups sliced fresh mushrooms
1 cup loosely packed coarsely chopped fresh spinach leaves
½ cup halved and sliced leek
4 slices applewood-smoked bacon, crisp-cooked and coarsely crumbled
4 eggs, lightly beaten
1 12-oz. can evaporated fat-free milk
1 cup refrigerated or frozen egg product, thawed
½ cup shredded Gruyère or Havarti cheese (2 oz.)
½ tsp. salt
⅛ tsp. black pepper

1. Preheat oven to 350°F. Coat a deep-dish 10-inch pie plate with cooking spray. Spread quinoa in bottom of the prepared pie plate.
2. In a medium bowl combine mushrooms, spinach, leek, and bacon. Spread mushroom mixture over quinoa. In the same bowl combine the remaining ingredients. Pour over mixture in pie plate (dish will be full).
3. Bake 55 to 60 minutes or until center is set and top is golden. **Makes 6 servings.**

EACH SERVING *288 cal., 12 g fat (4 g sat. fat), 163 mg chol., 571 mg sodium, 15 g carb., 1 g fiber, 4 g sugars, 20 g pro.*

NOT JUST FOR BRUNCH. EGG-AND-CHEESE-BASED DISHES SUCH AS QUICHE AND STRATA ARE NATURALS FOR MORNING MEALS, BUT THEY'RE EQUALLY WELCOME ON THE DINNER TABLE.



SWEET POTATO-CRUST QUICHE

SWEET POTATO-CRUST QUICHE

HANDS-ON TIME 30 minutes
BAKE 45 minutes at 325°F
STAND 10 minutes

1	**10-oz. sweet potato, peeled and thinly sliced**
	Nonstick cooking spray
½	**cup chopped green bell pepper**
4	**slices lower-sodium, less-fat bacon, crisp-cooked and crumbled**
3	**Tbsp. finely chopped red onion**
½	**cup shredded reduced-fat sharp cheddar cheese (2 oz.)**
½	**cup shredded Gouda cheese (2 oz.)**
1¾	**cups refrigerated or frozen egg product, thawed**
½	**cup fat-free milk**
¼	**tsp. hot sauce**
	Fresh parsley leaves (optional)

1. Preheat oven to 325°F. Place sweet potato in a 9-inch pie plate; add 2 Tbsp. water. Cover with vented plastic wrap and microwave 3 to 5 minutes or just until potato is tender. Drain; cool slightly.

2. Wipe pie plate clean and coat with cooking spray. Arrange potato slices on bottom and sides of the prepared pie plate, overlapping as needed to cover.

3. Sprinkle with bell pepper, bacon, and onion. Top with cheddar and Gouda cheeses. In a large bowl combine egg, milk, and hot sauce; pour over mixture in pie plate.

4. Bake 45 minutes or until a knife comes out clean. Transfer to a wire rack and let stand 10 minutes. If desired, serve with parsley.

Makes 6 servings.

EACH SERVING *166 cal., 6 g fat (3 g sat. fat), 20 mg chol., 375 mg sodium, 13 g carb., 2 g fiber, 4 g sugars, 15 g pro.*

PEAR-BACON STRATA

HANDS-ON TIME 30 minutes
BAKE 45 minutes at 350°F
STAND 15 minutes

4	**slices bacon, chopped**
2	**Tbsp. finely chopped shallot or red onion**
3	**cups chopped pears, peeled if desired**
2	**Tbsp. honey**
2	**tsp. snipped fresh thyme**
	Nonstick cooking spray
1	**1-lb. loaf ciabatta bread, cut into 1-inch cubes and dried (9 cups)***
1	**cup shredded Gouda or white cheddar cheese (4 oz.)**
6	**eggs, lightly beaten**
3	**cups milk**
½	**tsp. salt**
¼	**tsp. black pepper**

1. Preheat oven to 350°F. In a 4- to 6-qt. Dutch oven cook bacon over medium until crisp. Remove from Dutch oven and drain on paper towels. Drain all but 1 tablespoon drippings from Dutch oven. Add shallot; cook and stir 1 to 2 minutes more or until shallot is softened. Add pears; cook and stir 2 minutes or just until pears are softened. Remove from heat; transfer to a medium bowl. Stir in bacon, honey, and thyme; cool slightly.

2. Wipe out Dutch oven with paper towels (or wash and dry if necessary); coat with cooking spray. Place half of the bread cubes in the Dutch oven. Top with half of the pear mixture and a third of the cheese. Repeat layers. In a medium bowl combine eggs, milk, salt, and pepper; pour over mixture in Dutch oven. Press bread down lightly to moisten. Sprinkle with remaining cheese.

3. Cover and bake 45 minutes or until a knife inserted in the center comes out clean. Let stand, covered, about 15 minutes. Drizzle strata with additional honey and sprinkle with additional thyme.

***TIP** To dry bread, bake bread cubes on a large rimmed baking pan in a 300°F oven for 10 to 15 minutes, stirring once or twice.

EACH SERVING *499 cal., 17 g fat (8 g sat. fat), 224 mg chol., 902 mg sodium, 60 g carb., 4 g fiber, 20 g sugars, 23 g pro.*

PEAR-BACON
STRATA

ZOODLE PIZZA
CASSEROLE

ZOODLE PIZZA CASSEROLE

HANDS-ON TIME 30 minutes
STAND 15 minutes
BAKE 25 minutes at 400°F

	Nonstick cooking spray
3	**10- to 12-oz. zucchini**
1½	**tsp. salt**
2	**eggs, lightly beaten**
2	**cups shredded mozzarella cheese (8 oz.)**
¼	**cup grated Parmesan cheese**
¼	**cup all-purpose flour**
2	**Tbsp. cornmeal**
1	**8-oz. can pizza sauce**
½	**cup miniature sliced pepperoni**

1. Preheat oven to 400°F. Coat a 3-qt. rectangular baking dish with cooking spray. Using a vegetable spiralizer, julienne cutter, or mandoline,* cut zucchini into long, thin noodles (zoodles). Place in a colander and sprinkle with salt; toss gently. Let stand 15 minutes. Gently dry with paper towels.

2. In a large bowl combine eggs, ½ cup of the mozzarella cheese, the Parmesan cheese, flour, and cornmeal. Stir in zoodles. Transfer to prepared dish. Bake 10 minutes or until set and no excess liquid remains.

3. Spread with pizza sauce. Top with remaining 1½ cups mozzarella cheese and the pepperoni. Bake 15 to 20 minutes more or until cheese is lightly browned. **Makes 8 servings.**

***TIP** If you don't have a spiralizer, julienne cutter, or mandoline, coarsely shred the zucchini or halve the zucchini lengthwise and cut crosswise into ¼-inch slices. Continue as directed.

EACH SERVING *191 cal., 10 g fat (5 g sat. fat), 75 mg chol., 678 mg sodium, 12 g carb., 2 g fiber, 4 g sugars, 13 g pro.*

SPINACH-PANCETTA QUICHE

Photo on p. 20.

HANDS-ON TIME 1 hour 35 minutes
BAKE 30 minutes at 400°F plus 80 minutes at 325°F
COOL 40 minutes

1	**Deep-Dish Pastry Shell (recipe follows)**
8	**oz. pancetta, chopped**
2	**large onions, thinly sliced**
½	**tsp. dried thyme, crushed**
½	**cup oil-packed dried tomatoes, drained and chopped**
4	**cups fresh baby spinach**
2	**cups shredded Havarti cheese (8 oz.)**
6	**eggs**
2	**cups plain fat-free Greek yogurt**
1	**cup milk**
½	**tsp. salt**
¼	**tsp. white pepper**
⅛	**tsp. ground nutmeg**
	Fresh basil (optional)

1. Prepare Deep-Dish Pastry Shell. Preheat oven to 400°F. Line pastry with a double thickness of foil, extending foil over side. Bake 20 minutes or until edge of pastry is light brown. Remove foil; bake 10 to 15 minutes more or until bottom is light brown. Cool completely on a wire rack.

2. In a large skillet cook pancetta over medium heat 10 to 12 minutes or until lightly browned, stirring occasionally. Using a slotted spoon, drain on paper towels, reserving 2 Tbsp. drippings in skillet. Add onions and thyme; cook over medium heat 20 to 22 minutes or until golden, stirring occasionally. Stir in dried tomatoes; cook 1 minute. Add spinach; cook 1 to 2 minutes or until wilted. Cool 10 minutes. Stir in pancetta and cheese.

3. Meanwhile, preheat oven to 325°F. In a blender combine next six ingredients (through nutmeg). Cover and blend until frothy. Spoon onion mixture into pastry shell; add egg mixture. Place springform pan in a shallow baking pan.

4. Bake 80 to 90 minutes or until top is light brown and filling is just set in center (165°F). Cool in pan on a wire rack 40 minutes. Using a serrated knife, trim pastry flush with top of pan. Remove side of pan. If desired, sprinkle quiche with basil. **Makes 10 servings.**

EACH SERVING *455 cal., 27 g fat (14 g sat. fat), 182 mg chol., 728 mg sodium, 28 g carb., 2 g fiber, 5 g sugars, 22 g pro.*

DEEP-DISH PASTRY SHELL

HANDS-ON TIME 15 minutes
CHILL 30 minutes
FREEZE 20 minutes

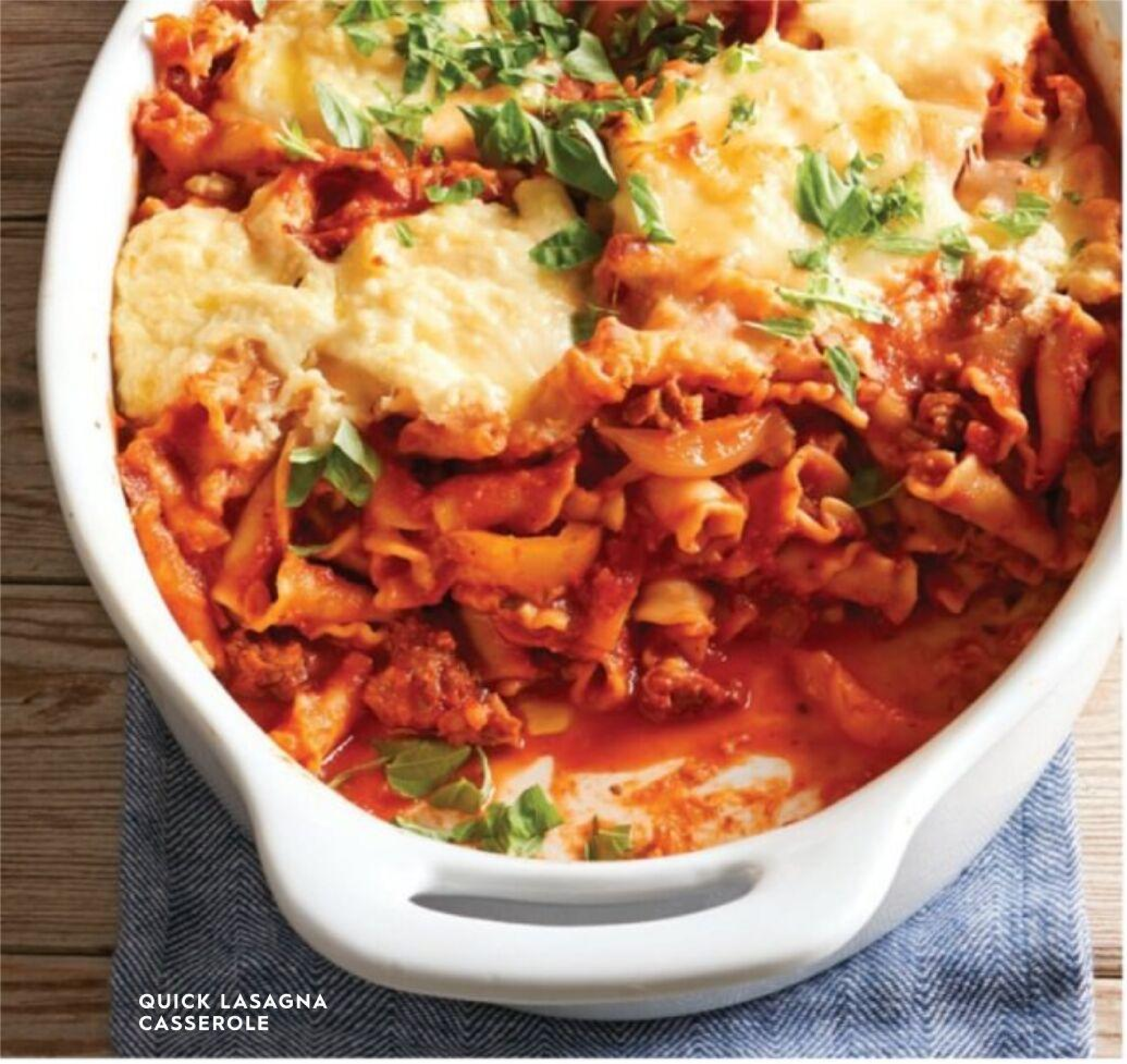
2	**cups all-purpose flour**
1	**tsp. salt**
8	**Tbsp. cold unsalted butter, cut into small pieces**
1	**egg, lightly beaten**
¼	**cup cold water**

1. In a food processor combine flour and salt. Add butter; cover and pulse until mixture resembles coarse crumbs. Combine egg and the water; add to flour mixture. Cover and pulse just until pastry begins to stick together. Transfer to plastic wrap. Cover; shape into a disk. Chill at least 30 minutes.

2. On a lightly floured surface, roll pastry into a 15-inch circle. Transfer to a 9-inch springform pan; gently press into pan. Trim overhanging pastry to 1 inch and press firmly against outside edge. Fill any cracks with trimmings. Freeze pastry shell 20 minutes.

Makes 10 servings.

EACH SERVING *180 cal., 10 g fat (6 g sat. fat), 43 mg chol., 242 mg sodium, 19 g carb., 1 g fiber, 3 g pro.*



QUICK LASAGNA CASSEROLE

QUICK LASAGNA CASSEROLE

HANDS-ON TIME 25 minutes
BAKE 50 minutes at 350°F
STAND 10 minutes

12	**oz. dried campanelle or cellentani pasta**
1	**lb. bulk Italian sausage**
1	**large onion, cut into thin wedges**
1	**cup bite-size strips yellow bell pepper**
3	**cloves garlic, minced**
1	**24- to 28-oz. jar marinara sauce**
1	**tsp. fennel seeds, crushed**
1	**egg, lightly beaten**
1	**15-oz. carton ricotta cheese**
2	**cups shredded Italian cheese blend (8 oz.)**
	Snipped fresh Italian parsley

1. Cook pasta according to package directions; drain. Meanwhile, in a large skillet cook sausage, onion, bell pepper, and garlic over medium-high heat until meat is browned. Drain fat. Transfer to an extra-large bowl. Stir in marinara sauce, fennel seeds, and cooked pasta. Transfer to a 3-qt. shallow baking dish.

2. In a medium bowl combine egg, ricotta cheese, and 1 cup of the shredded cheese. Spoon in mounds onto pasta mixture. Sprinkle with remaining 1 cup shredded cheese.

3. Preheat oven to 350°F. Bake, uncovered, 50 to 60 minutes or until heated through. Let stand 10 minutes before serving. If desired, sprinkle with parsley. **Makes 8 servings.**

EACH SERVING *636 cal., 35 g fat (17 g sat. fat), 112 mg chol., 1,133 mg sodium, 47 g carb., 5 g fiber, 34 g pro.*

CHICKEN-PANCETTA POT PIE

HANDS-ON TIME 30 minutes
BAKE 30 minutes at 400°F
STAND 10 minutes

½	**of a 14.1-oz. pkg. rolled refrigerated unbaked piecrust (1 crust)**
2	**Tbsp. butter**
1½	**lb. skinless, boneless chicken thighs, cut into 1-inch pieces**
4	**oz. pancetta, chopped**
½	**tsp. salt**
¼	**tsp. black pepper**
3	**cups sliced fresh cremini mushrooms (8 oz.)**
1	**cup chopped leek**
2	**cloves garlic, minced**
5	**tsp. chopped fresh thyme**
⅓	**cup all-purpose flour**
1	**14.5-oz. can reduced-sodium chicken broth**
¼	**cup plus 1 Tbsp. heavy cream, half-and-half, or whole milk**
2	**tsp. lemon zest**

1. Preheat oven to 400°F. Let piecrust stand at room temperature according to package directions. Meanwhile, for filling, in a 12-inch cast-iron skillet melt butter over medium. Add chicken and pancetta; sprinkle with ¼ tsp. of the salt and the pepper. Cook about 8 minutes or until browned, stirring frequently (chicken will be slightly underdone). Using a slotted spoon, remove chicken mixture.

2. Add mushrooms and leek to skillet. Cook over medium-high about 6 minutes or until mushrooms are browned and liquid is evaporated, stirring frequently. Add garlic, 2 tsp. of the thyme, and remaining ¼ tsp. salt; cook and stir 30 seconds. Add flour; cook and stir 1 minute. Stir in broth, ¼ cup of the cream, and the lemon zest, scraping up any crusty browned bits. Cook and stir until thickened and bubbly. Return chicken mixture to skillet; heat through. Cover and keep warm.

3. On a lightly floured surface, unroll piecrust. Roll into a 12-inch circle. Cover filling with pastry circle, tucking edges into skillet. Cut a few slits in top of pastry. Brush with remaining 1 Tbsp. cream and sprinkle with remaining 3 tsp. thyme.

4. Bake about 30 minutes or until pastry is golden and center is bubbly. Let stand 10 minutes before serving. **Makes 8 servings.**

EACH SERVING *376 cal., 22 g fat (10 g sat. fat), 108 mg chol., 722 mg sodium, 22 g carb., 1 g fiber, 1 g sugars, 22 g pro.*

CHICKEN-PANCETTA
POT PIE

STAUB
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HOT ITALIAN
SHEPHERD'S PIE

EASY BAKED CAVATELLI

HOT ITALIAN SHEPHERD'S PIE

HANDS-ON TIME 30 minutes
BAKE 25 minutes at 350°F
STAND 10 minutes

1½	**lb. bulk sweet or hot Italian sausage**
1	**medium red bell pepper, chopped**
1	**medium onion, chopped**
2	**cloves garlic, minced**
1	**14.5-oz. can diced tomatoes, drained**
1½	**cups frozen peas**
¼	**cup chopped pickled pepperoncini peppers**
2	**Tbsp. yellow mustard**
1	**tsp. dried oregano, crushed**
¾	**cup shredded provolone or mozzarella cheese (3 oz.)**
1	**24-oz. container refrigerated mashed potatoes**
	Chopped fresh basil

1. Preheat oven to 350°F. In a 4- to 5-qt. Dutch oven cook the first four ingredients (through garlic) over medium until browned. Drain off fat. Stir in the next five ingredients (through oregano). Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes.

2. Stir ½ cup of the cheese into the container of mashed potatoes. Spoon mashed potatoes in six mounds over sausage mixture. Sprinkle with remaining ¼ cup cheese. Bake 25 minutes or until potatoes are heated through and filling is bubbly. Let stand 10 minutes before serving. Top with basil. **Makes 8 servings.**

EACH SERVING *366 cal., 16 g fat (7 g sat. fat), 50 mg chol., 1,301 mg sodium, 30 g carb., 5 g fiber, 6 g sugars, 27 g pro.*

EASY BAKED CAVATELLI

HANDS-ON TIME 25 minutes
BAKE 10 minutes at 400°F
STAND 5 minutes

8	**oz. bulk Italian sausage, lean ground beef, or ground turkey**
3½	**cups dried cavatelli or gemelli pasta**
2	**14.5-oz. cans diced tomatoes with basil, garlic, and oregano**
1	**14.5-oz. can reduced-sodium chicken or vegetable broth**
½	**cup fresh basil or spinach leaves, torn**
⅓	**cup water**
2	**Tbsp. olive oil**
3	**cloves garlic, minced**
¼	**to ½ tsp. crushed red pepper**
¼	**tsp. salt**
2	**cups shredded mozzarella cheese (8 oz.)**

1. In a deep 10-inch oven-going skillet or a shallow Dutch oven cook sausage over medium-high until browned. Drain off fat. Stir in next nine ingredients (through salt). Bring to boiling; reduce heat. Simmer, covered, 15 minutes, stirring occasionally (pasta will not be tender).

2. Meanwhile, preheat oven to 400°F. Sprinkle pasta mixture with cheese. Bake, uncovered, 10 to 15 minutes or until pasta is tender and cheese is golden. If desired, sprinkle with additional basil. Let stand 5 minutes before serving. **Makes 6 servings.**

EACH SERVING *513 cal., 23 g fat (9 g sat. fat), 53 mg chol., 1,088 mg sodium, 51 g carb., 3 g fiber, 6 g sugars, 24 g pro.*

HARRISSA CHICKEN AND VEGETABLE BAKE

HARISSA CHICKEN AND VEGETABLE BAKE

HANDS-ON TIME 15 minutes
BAKE 35 minutes at 475°F

1	**15-oz. can chickpeas, rinsed and drained**
1	**14.5-oz. can no-salt-added diced tomatoes, drained**
1	**cup ¾-inch chunks sweet potatoes**
½	**cup sliced red onion**
1	**Tbsp. tomato paste**
6	**cloves garlic, minced**
2	**tsp. harissa paste***
½	**tsp. salt**
4	**4-oz. skinless, bone-in chicken thighs**
¼	**tsp. black pepper**
¼	**tsp. smoked paprika or paprika**
2	**Tbsp. olive oil**
¼	**cup coarsely chopped fresh mint and/or cilantro**
¼	**cup plain fat-free Greek yogurt**

1. Preheat oven to 475°F. In a 2-qt. square baking dish combine the first seven ingredients (through harissa paste) and ¼ tsp. of the salt.
2. Arrange chicken on vegetable mixture, pressing meat in slightly. Sprinkle chicken with remaining ¼ tsp. salt, the pepper, and paprika. Drizzle oil over ingredients in dish.
3. Bake, uncovered, 35 to 40 minutes or until vegetables are tender and chicken is browned (175°F). Sprinkle mint over dish. Serve with yogurt. **Makes 4 servings.**

***TIP** For an easy harissa substitute, combine 1 tsp. ground ancho or pasilla chile, ¼ tsp. ground coriander, ¼ tsp. ground cumin, and ⅛ tsp. caraway seeds, crushed.

EACH SERVING *279 cal., 10 g fat (2 g sat. fat), 40 mg chol., 569 mg sodium, 29 g carb., 7 g fiber, 9 g sugars, 18 g pro.*

CHICKEN ENCHILADA CASSEROLE

HANDS-ON TIME 30 minutes
BAKE 25 minutes at 350°F

	Nonstick cooking spray
1	**8-oz. pouch red chile enchilada sauce**
1½	**cups shredded cooked skinless, boneless chicken breast**
1	**cup frozen Southwest-style vegetable blend (with whole grains, black beans, and corn), thawed**
8	**6-inch corn tortillas**
½	**cup shredded Mexican-style cheese blend (2 oz.)**
¼	**cup light sour cream**
⅛	**tsp. lime zest**
2	**tsp. lime juice**
1	**cup chopped fresh tomatoes**
¼	**cup snipped fresh cilantro**

1. Preheat oven to 350°F. Coat a 2-qt. rectangular baking dish with cooking spray. Spread 2 Tbsp. of the enchilada sauce in the bottom of the dish.
2. In a large bowl stir together chicken, thawed vegetables, and 2 Tbsp. of the enchilada sauce. Wrap tortillas with damp paper towels. Microwave 30 to 45 seconds or until pliable. Spoon about ⅓ cup chicken mixture into each tortilla. Roll up.
3. Place tortillas, seam sides down, in prepared dish. Pour remaining enchilada sauce over tortillas and sprinkle with cheese. Bake 25 minutes or until cheese is melted and filling is heated through.
4. Meanwhile, in a small bowl combine sour cream, lime zest, and lime juice. To serve, drizzle sour cream mixture over enchiladas. Sprinkle with tomatoes and cilantro. **Makes 4 servings.**

EACH SERVING *283 cal., 10 g fat (4 g sat. fat), 62 mg chol., 588 mg sodium, 35 g carb., 7 g fiber, 6 g sugars, 25 g pro.*

CHICKEN
ENCHILADA
CASSEROLE

BAKED CURRIED CHICKEN
WITH ROASTED CAULIFLOWER

VERSATILE VEGETABLE. CAULIFLOWER IS DELICIOUS WHEN ROASTED ON ITS OWN OR WITH MEAT OR POULTRY—OR WHEN STEPPING IN FOR REGULAR RICE IN A CREAMY, LOW-CARB CASSEROLE.

BAKED CURRIED CHICKEN WITH ROASTED CAULIFLOWER

HANDS-ON TIME 20 minutes
BAKE 50 minutes at 375°F

¼ cup honey
¼ cup Dijon mustard
2 Tbsp. olive oil
1 Tbsp. curry powder
3 cloves garlic, minced
¼ tsp. crushed red pepper
6 6- to 8-oz. skinless, boneless chicken breast
2 cups cauliflower florets
1 12-oz. sweet potato, peeled and cut into 1-inch pieces
1 cup bite-size strips red bell pepper
2 cups hot cooked brown rice
Sliced green onions (optional)

1. Preheat oven to 375°F. In a small bowl combine the first six ingredients (through crushed red pepper).

2. Arrange chicken in a 3-qt. rectangular baking dish; brush with half of the mustard mixture. Add cauliflower, sweet potato, and bell pepper; drizzle with the remaining mustard mixture.

3. Bake, covered, 25 minutes. Uncover and bake, 25 minutes more or until chicken is done (165°F) and sweet potato is tender.

4. Serve over rice and drizzle with cooking liquid. If desired, top with green onions and additional crushed red pepper. **Makes 6 servings.**

EACH SERVING *429 cal., 10 g fat (2 g sat. fat), 124 mg chol., 353 mg sodium, 42 g carb., 5 g fiber, 16 g sugars, 42 g pro.*

CHICKEN ALFREDO CAULIFLOWER "RICE" BAKE

HANDS-ON TIME 20 minutes
BAKE 35 minutes at 400°F

1 2¼- to 2½-lb. head cauliflower, trimmed and broken into florets
¼ cup olive oil
1 tsp. dried basil, crushed
¼ tsp. salt
¼ tsp. black pepper
2½ cups fresh baby spinach
2 cups chopped rotisserie chicken
1 14.5-oz. jar light Alfredo pasta sauce
2 Tbsp. grated Parmesan cheese
½ cup panko bread crumbs

1. Preheat oven to 400°F. Working in batches, pulse cauliflower in a food processor four to six times or until crumbly and resembles rice.

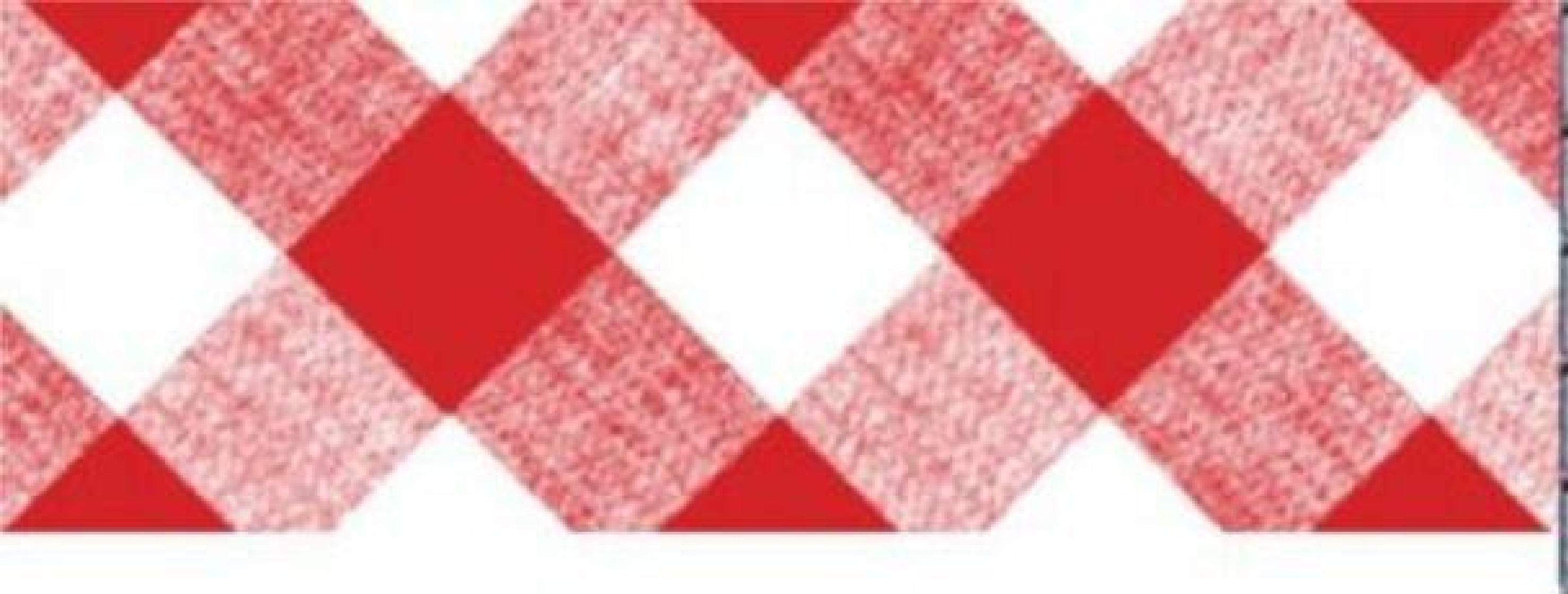
CHICKEN ALFREDO CAULIFLOWER "RICE" BAKE

2. Transfer cauliflower "rice" to a 3-qt. rectangular baking dish. Drizzle with 2 Tbsp. of the oil and sprinkle with basil, salt, and pepper; toss to coat. Bake 15 minutes.

3. Stir in spinach, chicken, and pasta sauce; sprinkle with cheese. Combine panko and remaining 2 Tbsp. oil; sprinkle over cauliflower mixture. Bake 20 to 25 minutes more or until top is browned. **Makes 6 servings.**

EACH SERVING *255 cal., 16 g fat (6 g sat. fat), 83 mg chol., 743 mg sodium, 12 g carb., 2 g fiber, 3 g sugars, 17 g pro.*

CREAMY CHICKEN ENCHILADAS



CREAMY CHICKEN ENCHILADAS

HANDS-ON TIME 50 minutes
BAKE 1 hour 5 minutes at 350°F
STAND 5 minutes

1 lb. skinless, boneless chicken breast
1 10-oz. pkg. frozen chopped spinach, thawed and well drained
½ cup thinly sliced green onions
1 16-oz. carton light sour cream
2 4-oz. cans diced green chile peppers, drained
1 cup milk
½ cup plain yogurt
¼ cup all-purpose flour
½ tsp. salt
½ tsp. ground cumin
8 8-inch flour tortillas
⅔ cup shredded Colby and Monterey Jack cheese
Fresh cilantro sprigs (optional)
Pico de gallo (optional)

1. In a covered large saucepan cook chicken in enough boiling water to cover 12 to 14 minutes or until done (165°F); drain. Shred chicken using two forks.

2. In a large bowl combine shredded chicken, the spinach, and green onions. For sauce, in a medium bowl whisk together the next seven ingredients (through cumin).

3. For filling, combine chicken mixture and half of the sauce. Divide filling among the eight tortillas. Roll up tortillas and arrange, seam sides down, in a 3-qt. rectangular baking dish.

4. Preheat oven to 350°F. Spoon remaining sauce over tortillas. Bake, covered, 65 to 70 minutes or until heated through. Sprinkle with cheese. Let stand 5 minutes before serving. If desired, top with cilantro, additional green onions, and/or pico de gallo. **Makes 8 servings.**

EACH SERVING *419 cal., 17 g fat (8 g sat. fat), 81 mg chol., 947 mg sodium, 38 g carb., 1 g fiber, 3 g sugars, 27 g pro.*

EASY PASTA AND MEATBALL BAKE

EASY PASTA AND MEATBALL BAKE

HANDS-ON TIME 20 minutes
BAKE 50 minutes at 400°F
STAND 15 minutes

Nonstick cooking spray
2 15-oz. cans no-salt-added diced tomatoes, undrained
8 oz. fresh button mushrooms, chopped (3 cups)
1¼ cups chopped red bell pepper
1 8-oz. can no-salt-added tomato sauce
¾ cup water
3 cloves garlic, minced
1 Tbsp. dried Italian seasoning, crushed
⅛ tsp. black pepper
1 (12-oz.) pkg. Italian-style fully cooked chicken meatballs, halved
8 oz. dried no-boil lasagna noodles, broken into 2- to 3-inch pieces
1 cup shredded part-skim mozzarella cheese (4 oz.)
3 Tbsp. shredded Parmesan cheese
¼ cup fresh basil

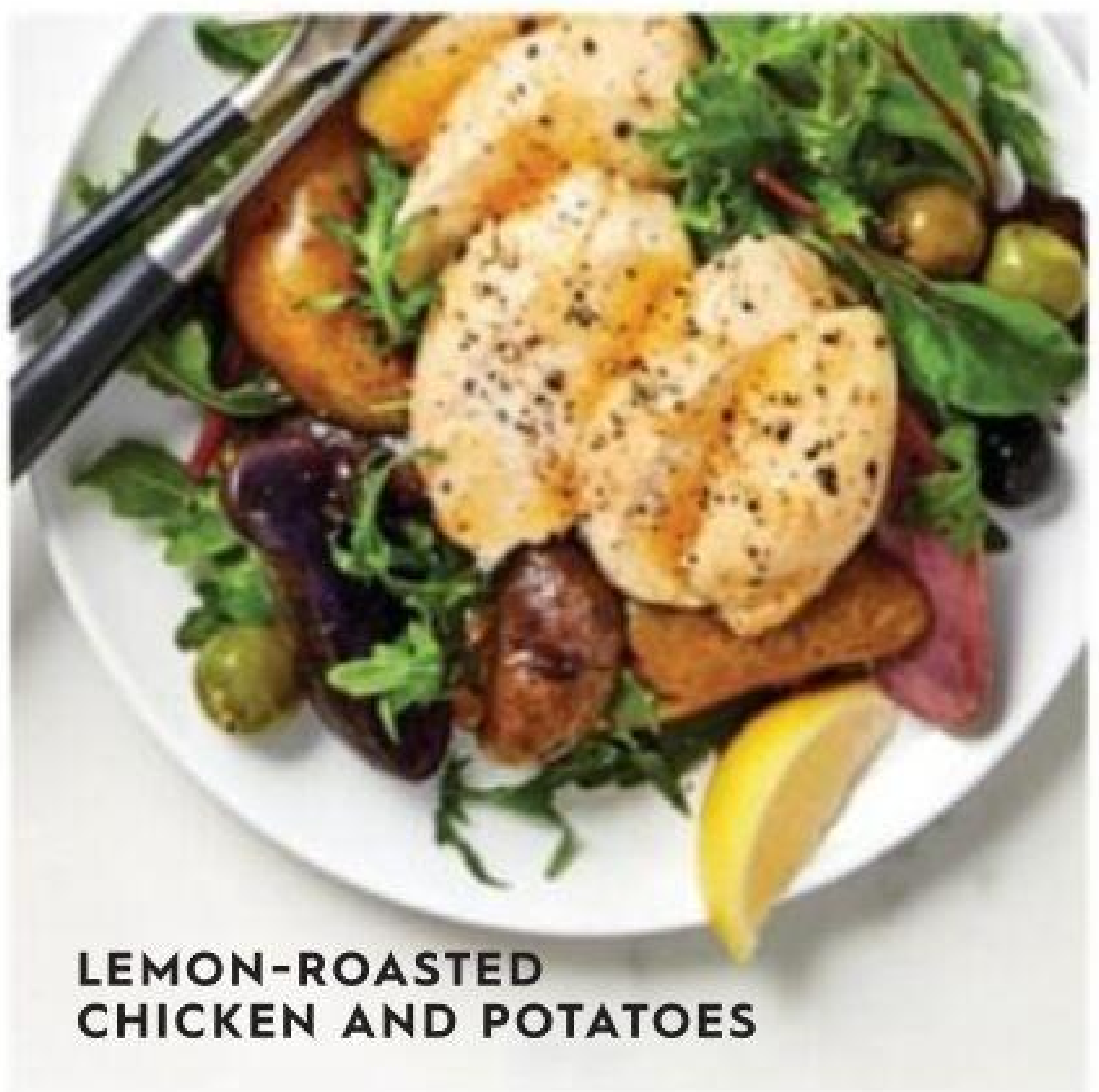
1. Preheat oven to 400°F. Coat a 3-qt. rectangular baking dish with cooking spray. In an extra-large bowl stir together next eight ingredients (through black pepper). Add meatballs and lasagna noodles; gently stir to coat. Pour into prepared dish; spread evenly, breaking up any noodles stuck together.

2. Sprinkle with mozzarella cheese. Cover tightly with foil. Bake about 50 minutes or until pasta is tender, stirring once halfway through cooking.

3. Sprinkle with Parmesan. Cover and let stand 15 minutes. Just before serving, sprinkle with basil. **Makes 8 servings.**

EACH SERVING *275 cal., 8 g fat (4 g sat. fat), 71 mg chol., 372 mg sodium, 32 g carb., 4 g fiber, 7 g sugars, 18 g pro.*

WINNER, WINNER CHICKEN DINNER. THE RELATIVELY MILD FLAVOR OF CHICKEN LENDS ITSELF TO A WIDE RANGE OF DISHES, FROM A DELICATE LEMON CHICKEN WITH POTATOES TO A ZIPPY ASIAN-STYLE DISH FLAVORED WITH CHILI PASTE.


LEMON-ROASTED CHICKEN AND POTATOES

LEMON-ROASTED CHICKEN AND POTATOES

HANDS-ON TIME 10 minutes
ROAST 30 minutes at 450°F

- **4 bone-in chicken breast, skin removed (about 1½ lb. total)**
- **1 lb. fingerling or baby Yukon gold potatoes, halved if large**
- **3 lemons, halved crosswise**
- **⅓ cup pitted green and/or black olives**
- **6 Tbsp. olive oil**
- **Salt and black pepper**
- **1 Tbsp. honey**
- **6 cups arugula and/or mixed salad greens**

1. Preheat oven to 450°F. In an ungreased 3-qt. baking dish combine chicken, potatoes, lemons, and olives. Drizzle 2 Tbsp. of the oil over top; toss to coat. Spread mixture in an even layer, arranging chicken smooth sides up and lemons cut sides up. Sprinkle with salt and pepper.

2. Roast, uncovered, about 30 minutes or until chicken is done (170°F), potatoes are fork-tender, and lemons are browned at the edges and soft throughout.

3. When lemons are cool enough to handle, squeeze juice and pulp into a small bowl. Discard any seeds. Whisk in the remaining 4 Tbsp. oil and the honey. Season with salt and pepper. Meanwhile, cover chicken, potatoes, and olives to keep warm.

4. Divide arugula among serving plates. Top with chicken, potatoes, and olives. Drizzle with honey mixture. If you like, sprinkle with additional pepper. **Makes 4 servings.**

EACH SERVING *573 cal., 40 g fat (8 g sat. fat), 87 mg chol., 435 mg sodium, 34 g carb., 7 g fiber, 8 g sugars, 26 g pro.*

HONEY-CHILE CHICKEN ON COCONUT RICE

HANDS-ON TIME 20 minutes
BAKE 45 minutes at 350°F

- **Nonstick cooking spray**
- **1 14-oz. can unsweetened light coconut milk**
- **1¼ cups uncooked jasmine rice**
- **½ tsp. salt**
- **1 cup chopped onion**
- **1 cup chopped yellow and/or red bell pepper**
- **2 tsp. olive oil**
- **2 tsp. grated fresh ginger**
- **2 cloves garlic, minced**
- **2 cups frozen peas**
- **2 Tbsp. honey**
- **2 Tbsp. Asian chili paste**
- **1 Tbsp. lime juice**
- **2 tsp. reduced-sodium soy sauce**
- **3 cups chopped cooked chicken breast**
- **Raw chip coconut, toasted (optional)**
- **¼ cup snipped fresh cilantro**
- **Lime wedges**

1. Preheat oven to 350°F. Coat a 3-qt. rectangular baking dish with cooking spray. In a large liquid measuring cup microwave 2 cups water and the coconut milk until boiling; pour into the prepared baking dish. Stir in rice and salt. Bake, covered, 30 minutes.

2. Meanwhile, in the measuring cup combine onion, bell pepper, and oil. Microwave 5 minutes or just until tender, stirring occasionally. Add ginger and garlic; microwave 1 minute more. Stir onion mixture and peas into partially cooked rice.

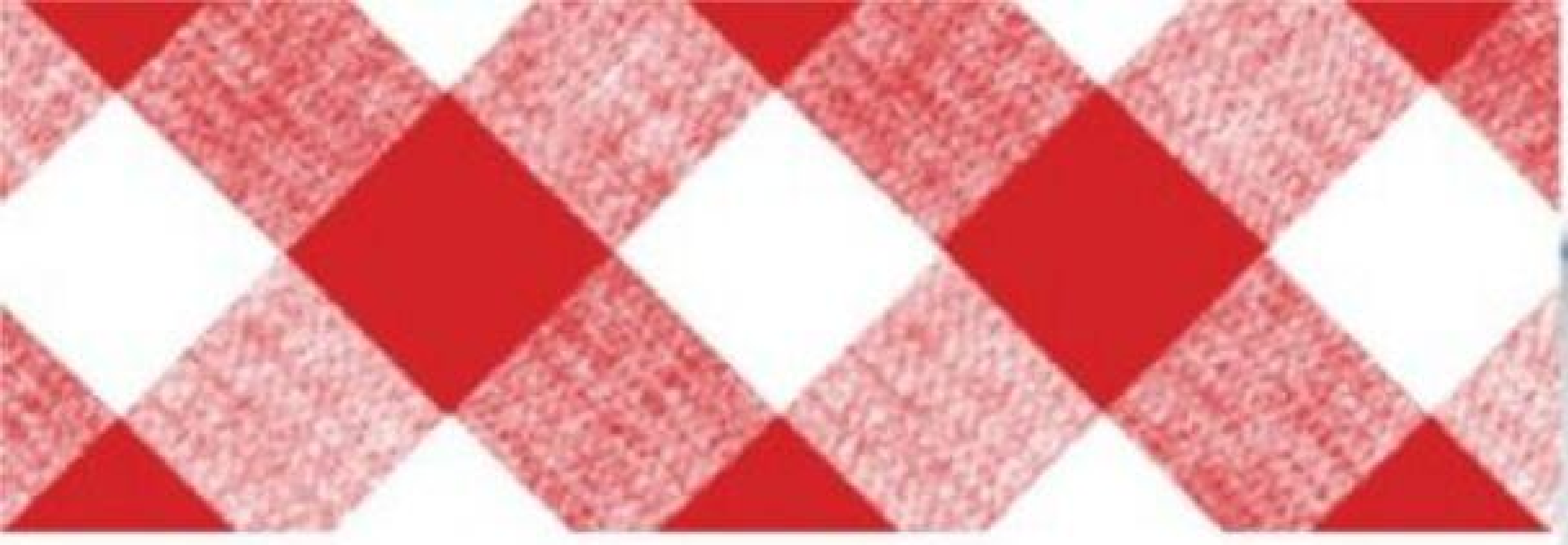
3. In the measuring cup combine honey, chili paste, lime juice, and soy sauce; stir in chicken. Spoon chicken mixture over rice mixture.

4. Bake, covered, 15 to 20 minutes more or until heated through and rice is tender. Sprinkle with coconut (if desired) and cilantro. Serve with lime wedges and/or additional chili paste. **Makes 8 servings.**

EACH SERVING *283 cal., 6 g fat (3 g sat. fat), 45 mg chol., 369 mg sodium, 36 g carb., 2 g fiber, 8 g sugars, 21 g pro.*

HONEY-CHILE
CHICKEN ON
COCONUT RICE

RAVIOLI LASAGNA
WITH BABY KALE AND
ITALIAN SAUSAGE



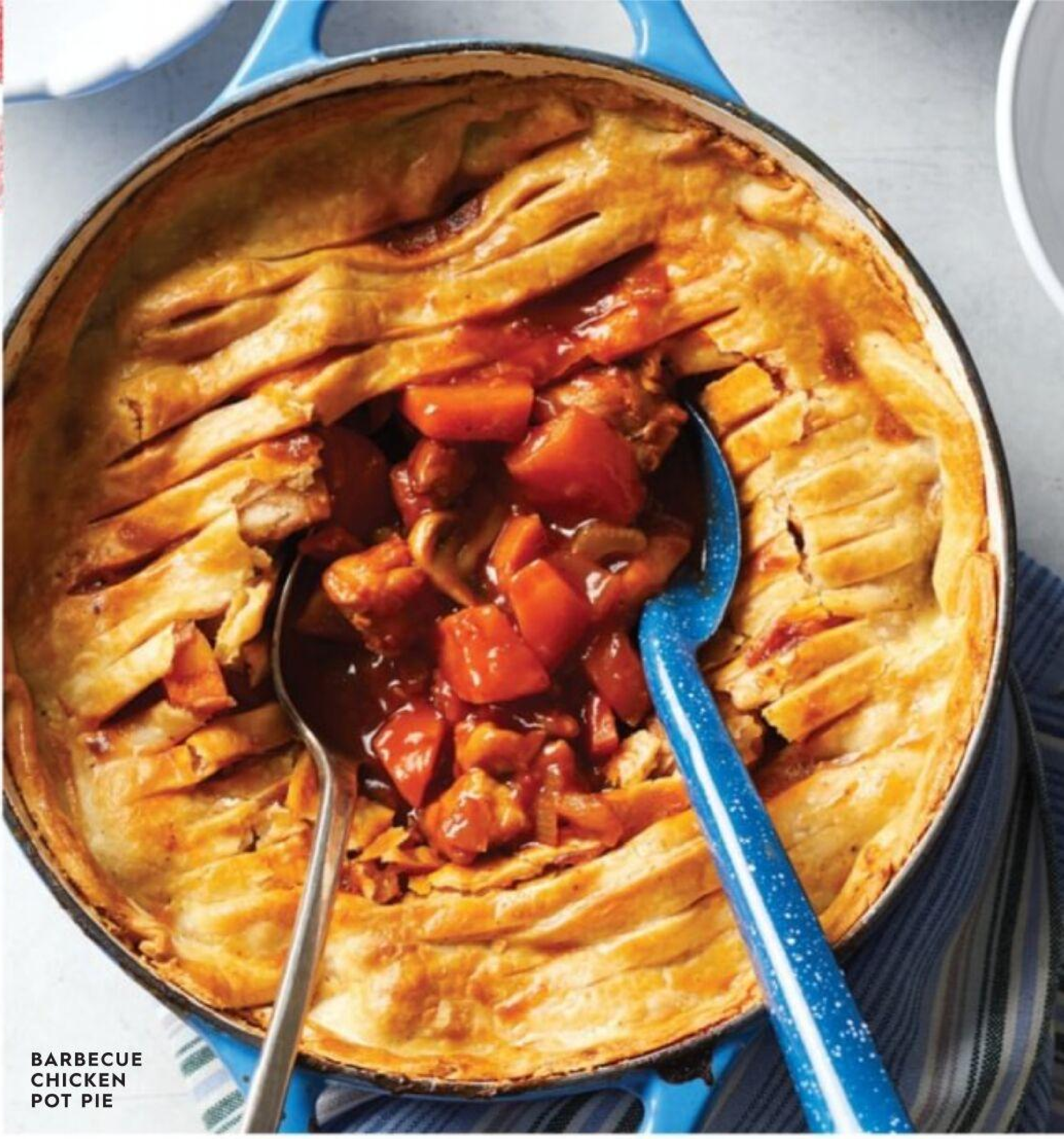
RAVIOLI LASAGNA WITH BABY KALE AND ITALIAN SAUSAGE

HANDS-ON TIME 25 minutes
BAKE 55 minutes at 375°F

1	**5- to 6-oz. pkg. baby kale, coarsely chopped**
12	**oz. Italian-flavor cooked chicken sausage, chopped**
1½	**cups shredded mozzarella cheese (6 oz.)**
½	**cup snipped fresh basil**
1	**28-oz. can no-salt-added crushed tomatoes**
1	**14.5-oz. can fire-roasted diced tomatoes with garlic**
1	**8-oz. can no-salt-added tomato sauce**
1	**tsp. dried Italian seasoning, crushed**
½	**tsp. fennel seeds, crushed**
2	**9-oz. pkg. refrigerated cheese-filled ravioli**

1. Preheat oven to 375°F. Grease a 3-qt. rectangular baking dish. In a large bowl combine kale, sausage, ¾ cup of the cheese, and the basil. For sauce, in another large bowl combine next five ingredients (through fennel seeds).
2. Spread about 1 cup of the sauce in prepared dish. Top with half of the ravioli and the kale mixture. Spoon another 1 cup of the sauce over kale mixture. Top with remaining ravioli, kale mixture, and sauce. Sprinkle with remaining ¾ cup cheese.
3. Cover with nonstick or greased foil. Bake 30 minutes. Remove foil; bake 25 minutes more or until heated through. **Makes 8 servings.**

EACH SERVING *378 cal., 13 g fat (7 g sat. fat), 82 mg chol., 858 mg sodium, 40 g carb., 6 g fiber, 10 g sugars, 24 g pro.*



BARBECUE CHICKEN POT PIE

BARBECUE CHICKEN POT PIE

HANDS-ON TIME 45 minutes
BAKE 20 minutes at 450°F
STAND 5 minutes

2	**Tbsp. olive oil**
2	**cups chopped peeled sweet potatoes or Yukon gold potatoes**
1	**8-oz. pkg. sliced button mushrooms (3 cups)**
½	**cup chopped onion**
½	**cup chopped celery**
½	**cup chopped peeled carrot or parsnip**
1¼	**lb. skinless, boneless chicken thighs, cut into ¾-inch pieces**
1	**cup barbecue sauce**
½	**of a 14.1-oz. pkg. rolled refrigerated unbaked piecrust (1 crust)**
1	**egg, lightly beaten (optional)**

1. Preheat oven to 450°F. In an oven-safe 3½- or 4-qt. pot heat 1 Tbsp. of the oil over medium-high. Add the next five ingredients (through carrot); cook 10 to 12 minutes or until tender, stirring occasionally. Remove vegetables from pot and set aside.
2. In the same pot cook and stir chicken in remaining 1 Tbsp. oil over medium-high 5 to 7 minutes or until no longer pink. Return vegetables to pot. Stir in barbecue sauce. Heat through until bubbly.
3. Meanwhile, unroll piecrust. Cut slits for steam to escape. Gently place piecrust on chicken mixture in pot, tucking edge into side of pot. If desired, brush crust with lightly beaten egg.
4. Bake, uncovered, 20 minutes or until the filling is bubbly and crust is golden brown. Let stand 5 minutes before serving. **Makes 6 servings.**

EACH SERVING *416 cal., 17 g fat (5 g sat. fat), 92 mg chol., 732 mg sodium, 46 g carb., 3 g fiber, 18 g sugars, 22 g pro.*

CHICKEN-SPINACH QUICHE

CHICKEN-SPINACH QUICHE

HANDS-ON TIME 30 minutes
BAKE 12 minutes at 425°F plus 45 minutes at 350°F
STAND 10 minutes

- **½ of a 14.1-oz. pkg. rolled refrigerated unbaked piecrust (1 crust)**
- **2 cups refrigerated or frozen egg product, thawed, or 8 eggs, lightly beaten**
- **1 10-oz. pkg. frozen chopped spinach, thawed and squeezed dry**
- **6 oz. cooked chicken breast, cut into ¾-inch pieces**
- **¾ cup shredded Gruyère or Swiss cheese (3 oz.)**
- **½ cup fat-free milk**
- **⅓ cup chopped roasted red bell pepper**
- **2 tsp. snipped fresh thyme or ¾ tsp. dried thyme, crushed**
- **¼ tsp. black pepper**

1. Preheat oven to 425°F. Let piecrust stand according to package directions. Unroll piecrust and fit into a 9-inch pie plate. Fold under extra dough; crimp edge as desired. Do not prick piecrust. Line piecrust with a double thickness of foil. Bake 8 minutes; remove foil. Bake 4 to 5 minutes more or until set and dry. Remove from oven.
2. Reduce oven to 350°F. In a large bowl combine the remaining ingredients. Pour mixture into partially baked piecrust.
3. Bake 45 to 50 minutes or until a knife comes out clean. If needed to prevent overbrowning, cover edge of quiche loosely with foil the last 5 to 10 minutes. Transfer to a wire rack. Let stand 10 minutes before serving. **Makes 8 servings.**

EACH SERVING *209 cal., 10 g fat (5 g sat. fat), 28 mg chol., 396 mg sodium, 15 g carb., 1 g fiber, 1 g sugars, 15 g pro.*

CHICKEN CHEESEBURGER SHEPHERD'S PIE

HANDS-ON TIME 30 minutes
BAKE 20 minutes at 350°F

- **Nonstick cooking spray**
- **1½ lb. ground chicken, ground turkey, or ground beef**
- **½ cup chopped red and/or green bell pepper**
- **⅓ cup chopped onion**
- **2 tsp. minced garlic**
- **1½ cups frozen whole kernel corn**
- **¾ cup water**
- **1 6-oz. can tomato paste with Italian herbs**
- **½ cup coarsely chopped dill pickles or ¼ cup dill pickle relish**
- **¼ cup yellow mustard**
- **1 cup shredded cheddar cheese (4 oz.)**
- **1 24-oz. container refrigerated mashed potatoes**
- **Sliced green onions and/or chopped pickles (optional)**

1. Preheat oven to 350°F. Coat an oven-safe 4- to 5-qt. pot with cooking spray. Cook meat, bell pepper, onion, and garlic in pot over medium-high until meat is browned. Drain off fat.
2. Stir the next five ingredients (through mustard) into meat mixture in pot. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes to blend flavors. Stir in ½ cup of the cheese. Spoon mashed potatoes in mounds onto meat mixture. Sprinkle with the remaining ½ cup cheese.
3. Bake, uncovered, 20 minutes or until heated through and cheese is melted. If desired, top with green onions and/or additional pickles. **Makes 6 servings.**

EACH SERVING *441 cal., 22 g fat (10 g sat. fat), 134 mg chol., 1,042 mg sodium, 33 g carb., 5 g fiber, 8 g sugars, 30 g pro.*

CHICKEN
CHEESEBURGER
SHEPHERD'S PIE

CHIPOTLE CHICKEN QUICHE

THANKSGIVING IN A DISH. GET A TASTE OF THIS FAVORITE FALL FEAST—TURKEY, SWEET POTATOES, GREEN BEANS, AND CRANBERRIES—IN EVERY BITE OF THIS COMFORT-FOOD CASSEROLE.

CHIPOTLE CHICKEN QUICHE

HANDS-ON TIME 30 minutes
BAKE 30 minutes at 400°F plus 80 minutes at 325°F
COOL 40 minutes

1 Deep-Dish Pastry Shell (recipe, *p. 33*)
6 eggs
2 cups plain fat-free Greek yogurt
1 cup milk
1 tsp. ground cumin
1 tsp. chili powder
½ tsp. salt
½ tsp. ground chipotle chile
2 cups chopped cooked chicken
1½ cups shredded cheddar cheese (6 oz.)
Refrigerated salsa and/or sliced green onions (optional)

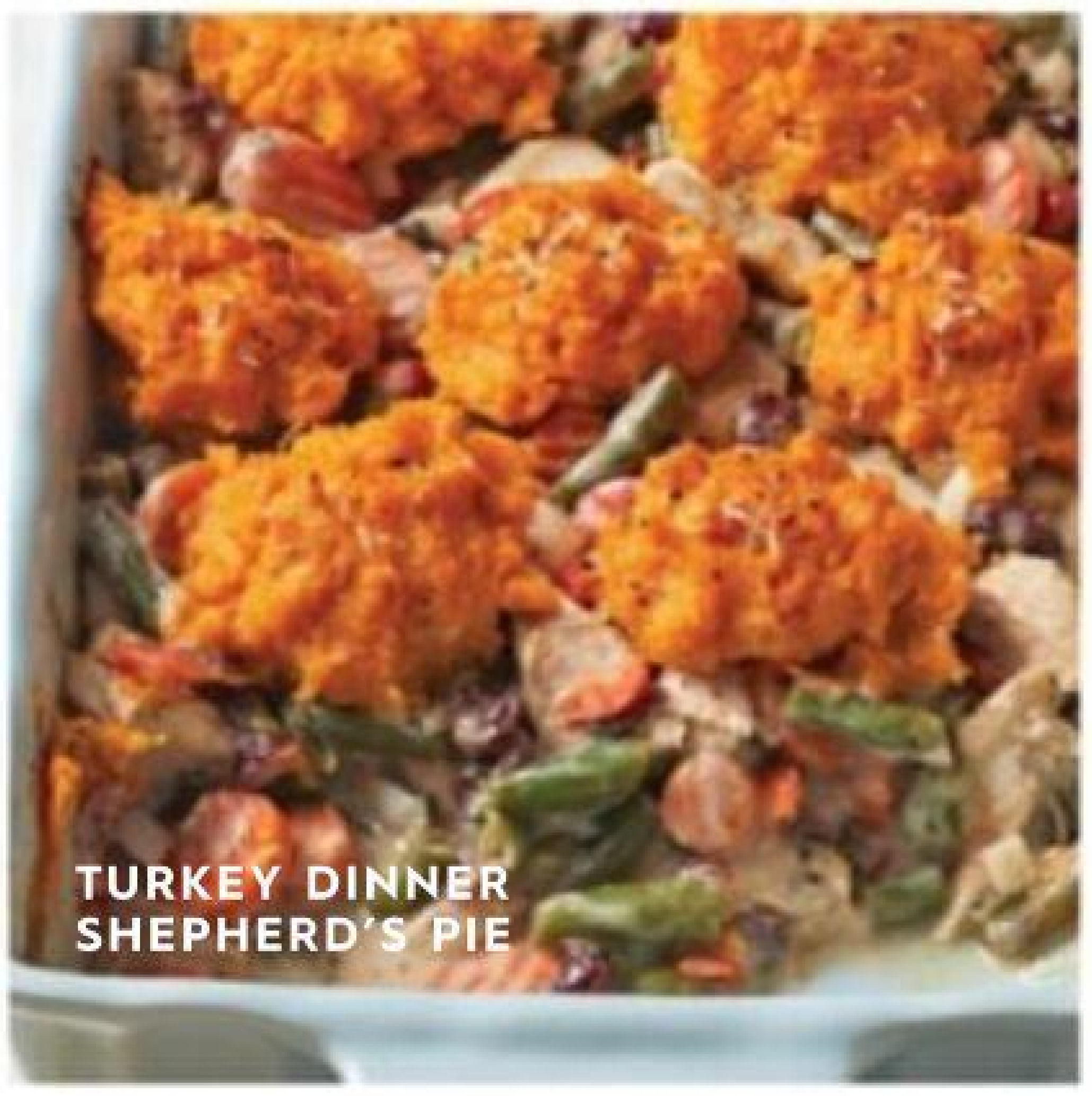
1. Prepare Deep-Dish Pastry Shell. Preheat oven to 400°F. Line pastry with a double thickness of foil, extending foil over side. Bake 20 minutes or until edge of pastry is light brown. Remove foil; bake 10 to 15 minutes more or until bottom is light brown. Cool completely on a wire rack.
2. Preheat oven to 325°F. In a blender combine next seven ingredients (through ground chipotle chile). Cover and blend until frothy. Place chicken and cheese in pastry shell; add egg mixture. Place springform pan in a shallow baking pan.
3. Bake 80 to 90 minutes or until top is light brown and filling is just set in center (165°F). Cool in pan on a wire rack 40 minutes. Using a serrated knife, trim pastry flush with top of pan. Remove side of pan. If desired, serve quiche with salsa and/or green onions.
Makes 10 servings.

EACH SERVING *385 cal., 21 g fat (11 g sat. fat), 199 mg chol., 563 mg sodium, 23 g carb., 1 g fiber, 3 g sugars, 25 g pro.*

TURKEY DINNER SHEPHERD'S PIE

HANDS-ON TIME 35 minutes
BAKE 1 hour 10 minutes at 375°F

2 10.75-oz. cans condensed reduced-sodium cream of mushroom soup
2 cups frozen cut green beans
1½ cups frozen carrots, thawed
1 cup chopped red bell pepper
1 cup chopped onion
½ cup dried cranberries
2 Tbsp. reduced-sodium Worcestershire sauce
1 Tbsp. snipped fresh sage
1 tsp. dry mustard
½ tsp. black pepper
3 cups cooked and mashed sweet potatoes
½ cup finely shredded Parmesan cheese (2 oz.)
2 Tbsp. olive oil
3 cups chopped or shredded cooked turkey or chicken



1. Preheat oven to 375°F. In a 3-qt. rectangular baking dish combine the first 10 ingredients (through black pepper). Bake, covered, 40 minutes.
2. In a bowl combine sweet potatoes, Parmesan cheese, and oil.
3. Carefully stir turkey into vegetable mixture in baking dish. Pipe or spoon sweet potato mixture in 10 mounds on top of turkey mixture. Bake, uncovered, 30 minutes more or until potatoes are heated through and filling is bubbly. If desired, top with additional fresh sage.
Makes 10 servings.

EACH SERVING *249 cal., 6 g fat (2 g sat. fat), 34 mg chol., 407 mg sodium, 33 g carb., 5 g fiber, 14 g sugars, 17 g pro.*

EASY TURKEY-PESTO POT PIE

EASY TURKEY-PESTO POT PIE

HANDS-ON TIME 15 minutes
BAKE 20 minutes at 375°F

1 8-oz. jar turkey gravy
¼ cup purchased basil pesto
3 cups cubed cooked turkey
1 16-oz. pkg. frozen peas and carrots or frozen carrots, onions, potatoes, and celery
1 11-oz. pkg. refrigerated breadsticks (8 to 12 breadsticks)

1. Preheat oven to 375°F. In an oven-safe 4-qt. pot combine gravy and pesto; stir in turkey and vegetables. Bring to boiling, stirring frequently. Unroll and separate breadsticks. Arrange breadsticks on top of turkey mixture in pot.
2. Bake, uncovered, about 20 minutes or until breadsticks are golden brown. **Makes 6 servings.**

EACH SERVING *375 cal., 11 g fat (2 g sat. fat), 76 mg chol., 1,091 mg sodium, 40 g carb., 4 g fiber, 4 g sugars, 30 g pro.*

BAKED SALMON WITH CRANBERRY COUSCOUS

HANDS-ON TIME 20 minutes
BAKE 30 minutes at 450°F
STAND 5 minutes

4 4-oz. fresh or frozen salmon fillets
¾ cup reduced-sodium chicken broth, warmed
½ tsp. orange zest
3 Tbsp. orange juice
⅔ cup whole grain-blend couscous
2 cups 1-inch pieces fresh asparagus
2 Tbsp. dried sweetened cranberries, chopped
4 cloves garlic, minced
¾ tsp. salt
⅛ tsp. crushed red pepper
1 tsp. chopped fresh rosemary
Sliced green onion (optional)

1. Thaw fish, if frozen. Rinse fish; pat dry. Preheat oven to 450°F.
2. In a 2-qt. baking dish combine warmed broth, the zest, juice, couscous, asparagus, cranberries, half of the garlic, ½ tsp. of the salt, and the crushed red pepper.
3. Push fish into couscous; top with the remaining garlic and ¼ tsp. salt, and the rosemary.
4. Cover dish with foil; bake 30 minutes or until couscous is tender and fish flakes easily. Let stand, covered, 5 minutes. Gently fluff couscous with a fork and, if desired, top dish with green onion. **Makes 4 servings.**

EACH SERVING *313 cal., 8 g fat (1 g sat. fat), 62 mg chol., 504 mg sodium, 32 g carb., 3 g fiber, 5 g sugars, 29 g pro*

BAKED SALMON WITH
CRANBERRY COUSCOUS

BAGEL AND LOX
SKILLET STRATA

BAGEL AND LOX SKILLET STRATA

HANDS-ON TIME 15 minutes
BAKE 30 minutes at 450°F
STAND 5 minutes

1 4-oz. plain bagel, cut into pieces
1 Tbsp. butter
⅓ cup thinly sliced leek or onion
5 oz. asparagus, trimmed and cut into pieces
5 eggs
1 cup whole milk
¾ cup crumbled feta cheese (3 oz.)
1 Tbsp. chopped fresh dill
¼ tsp. black pepper
8 oz. thinly sliced smoked salmon (lox-style), chopped
Crème fraîche (optional)
Capers (optional)

1. Preheat oven to 450°F. Spread bagel pieces in a 10-inch cast-iron skillet. Bake about 7 minutes or until toasted. Let skillet cool slightly.
2. In the skillet melt butter over medium-high. Add leek; cook and stir 3 minutes or until tender. Add asparagus; cook 5 minutes more, stirring occasionally.
3. In a medium bowl whisk together eggs, milk, cheese, dill, and pepper. Stir in salmon and bagel pieces. Pour egg mixture over asparagus mixture; stir to combine.
4. Cover with foil and bake 10 minutes. Remove foil and bake 12 to 14 minutes more or until a knife inserted in center comes out clean. Let stand 5 minutes. If desired, serve with crème fraîche, capers, and additional cheese or dill.
Makes 6 servings.

EACH SERVING *279 cal., 15 g fat (8 g sat. fat), 204 mg chol., 774 mg sodium, 15 g carb., 1 g fiber, 5 g sugars, 20 g pro.*

CHEESY TUNA NOODLE CASSEROLE

CHEESY TUNA NOODLE CASSEROLE

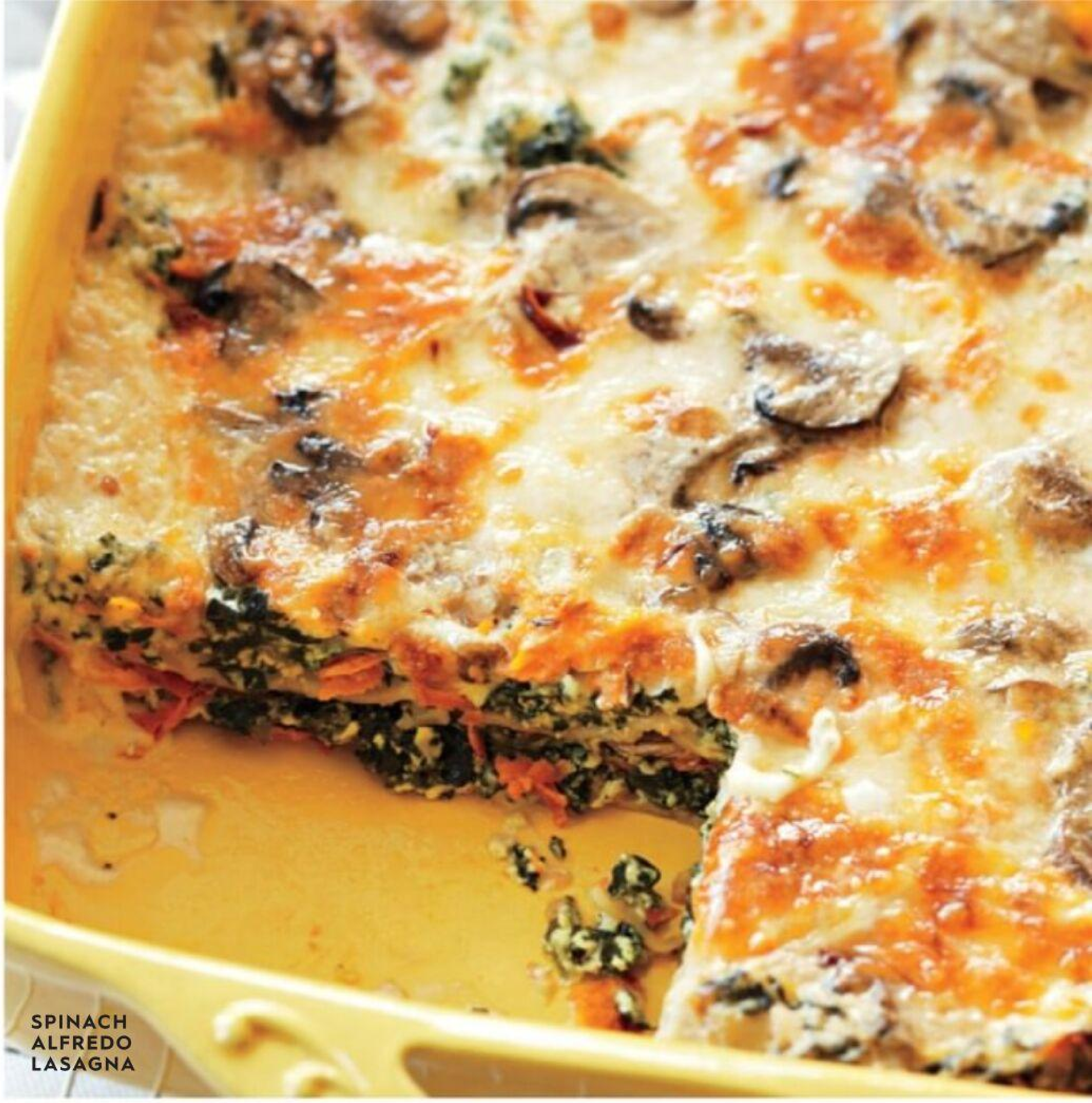
HANDS-ON TIME 30 minutes
BAKE 1 hour 5 minutes at 375°F
STAND 5 minutes

3 cups dried wide egg noodles
¼ cup butter
1 cup chopped red bell pepper
1 cup chopped celery
¼ cup chopped onion
¼ cup all-purpose flour
1 to 2 Tbsp. Dijon mustard
½ tsp. salt
¼ tsp. black pepper
2¼ cups milk
1 12-oz. can or two 5-oz. pouches chunk white tuna (water pack), drained
1 cup cubed cheddar cheese
½ cup panko or soft bread crumbs
¼ cup grated Parmesan cheese
1 Tbsp. snipped fresh Italian parsley
1 Tbsp. butter, melted
Celery leaves (optional)

1. Preheat oven to 375°F. In a large saucepan cook noodles according to package directions; drain. Return noodles to pan.
2. Meanwhile, for sauce, in a medium saucepan melt ¼ cup butter over medium heat. Add bell pepper, celery, and onion; cook 8 to 10 minutes or until tender, stirring occasionally. Stir in flour, mustard, salt, and black pepper. Gradually stir in milk. Cook and stir until slightly thickened and bubbly. Gently fold sauce, tuna, and cheddar cheese into cooked noodles.
3. Lightly grease a 2-qt. rectangular baking dish. Transfer noodle mixture to prepared dish. Stir together panko, Parmesan cheese, and parsley; stir in 1 Tbsp. melted butter. Sprinkle over casserole.
4. Bake, uncovered, 65 to 75 minutes or until heated through. Let stand 5 minutes before serving. If desired, sprinkle with celery leaves.
Makes 6 servings.

EACH SERVING *416 cal., 22 g fat (13 g sat. fat), 95 mg chol., 779 mg sodium, 28 g carb., 2 g fiber, 7 g sugars, 25 g pro.*

EASY HUEVOS
RANCHEROS
CASSEROLE



SPINACH ALFREDO LASAGNA

EASY HUEVOS RANCHEROS CASSEROLE

HANDS-ON TIME 15 minutes
BAKE 40 minutes at 375°F
STAND 10 minutes

Nonstick cooking spray
1 32-oz. pkg. frozen fried potato nuggets
12 eggs
1 cup milk
1½ tsp. ground cumin
1½ tsp. dried oregano, crushed
½ tsp. chili powder
¼ tsp. garlic powder
2 cups shredded Mexican-style four-cheese blend (8 oz.)
1 16-oz. jar thick and chunky salsa
1 8-oz. carton sour cream
Chopped fresh cilantro

1. Preheat oven to 375°F. Lightly coat a 3-qt. rectangular baking dish with cooking spray. Arrange potato nuggets in dish.
2. In a large bowl whisk together next six ingredients (through garlic powder). Pour egg mixture over potato nuggets.
3. Bake, uncovered, 35 to 40 minutes or until a knife inserted near center comes out clean. Sprinkle with cheese. Bake about 3 minutes more or until cheese melts. Let stand 10 minutes before serving. Serve with salsa, sour cream, and cilantro. **Makes 12 servings.**

EACH SERVING *339 cal., 21 g fat (8 g sat. fat), 217 mg chol., 721 mg sodium, 22 g carb., 2 g fiber, 4 g sugars, 14 g pro.*

SPINACH ALFREDO LASAGNA

HANDS-ON TIME 25 minutes
BAKE 1 hour 15 minutes at 350°F
STAND 20 minutes

Nonstick cooking spray
1 egg, lightly beaten
1 15-oz. carton part-skim ricotta cheese
1 10-oz. pkg. frozen chopped spinach, thawed and well drained
4 cloves garlic, minced
¼ tsp. freshly ground black pepper
1 15-oz. jar light Alfredo pasta sauce
½ cup fat-free milk
6 dried whole grain lasagna noodles
2 cups shredded carrots
2 cups sliced fresh mushrooms
½ cup shredded part-skim mozzarella cheese (2 oz.)
¼ cup finely shredded Parmesan cheese (1 oz.)

1. Preheat oven to 350°F. Lightly coat a 2-qt. rectangular baking dish with cooking spray.
2. In a medium bowl combine egg, ricotta cheese, spinach, garlic, and pepper. In another medium bowl combine Alfredo sauce and milk.
3. Spread about ½ cup of the sauce mixture into prepared baking dish. Top with three of the noodles. Spread with half of the spinach mixture; top with half of the carrots and half of the mushrooms. Top with the remaining three noodles, spinach mixture, carrots, and mushrooms. Spread remaining sauce mixture over the top. Sprinkle with mozzarella and Parmesan cheeses.
4. Cover with foil coated with cooking spray and bake 60 to 70 minutes. Uncover and bake, 15 to 20 minutes more or until top is light brown. Let lasagna stand 20 minutes before serving. **Makes 8 servings.**

EACH SERVING *262 cal., 12 g fat (7 g sat. fat), 69 mg chol., 527 mg sodium, 24 g carb., 4 g fiber, 4 g sugars, 16 g pro.*

VEGETARIAN LASAGNA

VEGETARIAN LASAGNA

HANDS-ON TIME 25 minutes
BAKE 1 hour 15 minutes at 350°F
STAND 10 minutes

Nonstick cooking spray
2 12-oz. pkg. frozen Italian-blend vegetables (broccoli, cauliflower, carrots, green beans, and zucchini)
1 28-oz. can no-salt-added crushed tomatoes, undrained
2 14.5-oz. cans no-salt-added diced tomatoes, undrained
1 Tbsp. Italian seasoning, crushed
½ tsp. salt
½ tsp. garlic powder
12 no-boil lasagna noodles
1 15-oz. carton part-skim ricotta cheese
1 9- to 10-oz. pkg. frozen chopped spinach, thawed and well drained
2 cups shredded part-skim mozzarella cheese (8 oz.)
¼ cup grated Parmesan cheese (1 oz.)

1. Preheat oven to 350°F. Lightly coat a 3-qt. rectangular baking dish with cooking spray. Cook frozen vegetables according to package directions; drain.

2. For sauce, in a large bowl combine next five ingredients (through garlic powder).

3. Spread 1 cup of the sauce over bottom of prepared dish. Layer four of the noodles on sauce, overlapping slightly. Spread ⅔ cup of the ricotta cheese over noodles. Top with one-third of the spinach and one-third of the cooked vegetables. Sprinkle with ½ cup of the mozzarella cheese. Repeat layers, starting with half of the remaining sauce. Add remaining noodles, ricotta cheese, spinach, and vegetables; ½ cup of the mozzarella cheese; and remaining sauce.

4. Place dish on a foil-lined baking sheet. Cover with foil; bake 50 minutes. Remove foil; sprinkle lasagna with remaining ½ cup mozzarella cheese and the Parmesan cheese. Bake, uncovered, about 25 minutes more or until noodles are tender and lasagna is heated through. Let stand 10 minutes. **Makes 10 servings.**

EACH SERVING *326 cal., 8 g fat (5 g sat. fat), 29 mg chol., 402 mg sodium, 42 g carb., 5 g fiber, 7 g sugars, 19 g pro.*

BUTTERNUT SQUASH LASAGNA

HANDS-ON TIME 45 minutes
ROAST 25 minutes at 425°F
BAKE 55 minutes at 375°F
STAND 10 minutes

3 lb. butternut squash, peeled, seeded, and sliced ½ inch thick
3 Tbsp. olive oil
1 tsp. salt
¼ cup butter
6 cloves garlic, minced
¼ cup all-purpose flour
4 cups milk
1 Tbsp. snipped fresh rosemary
9 no-boil lasagna noodles
1⅓ cups finely shredded Parmesan cheese
1 cup heavy cream

1. Preheat oven to 425°F. Lightly grease a 15×10-inch baking pan. Place squash in prepared pan. Drizzle with oil and sprinkle with ½ tsp. of the salt; toss to coat. Roast 25 to 30 minutes or until tender, stirring once. Reduce oven to 375°F.

2. Meanwhile, for sauce, in a large saucepan melt butter over medium heat. Add garlic; cook and stir 1 minute. Stir in flour and remaining ½ tsp. salt. Gradually stir in milk. Cook and stir until thickened and bubbly. Stir in rosemary.

3. Lightly grease a 3-qt. rectangular baking dish. Spread about 1 cup of the sauce in prepared dish. Top with three of the noodles and one-third of the squash slices. Spread one-third of the remaining sauce over squash in dish; sprinkle with ⅓ cup of the cheese. Repeat layering noodles, squash, sauce, and cheese two more times. Pour cream over layers in dish. Sprinkle with remaining ⅓ cup cheese.

4. Bake, covered, 45 minutes. Uncover and bake, 10 to 15 minutes more or until edges are bubbly and top is light brown. Let stand 10 minutes before serving. **Makes 8 servings.**

EACH SERVING *525 cal., 29 g fat (15 g sat. fat), 76 mg chol., 628 mg sodium, 53 g carb., 4 g fiber, 10 g sugars, 16 g pro.*

BUTTERNUT SQUASH LASAGNA

FOUR-CHEESE BUTTERNUT SPAGHETTI PIE

VEG IT UP. MAC AND CHEESE HAS THE POWER TO SATISFY AND COMFORT. STIR IN PUMPKIN PUREE AND ROASTED SWEET PEPPERS TO BOOST ITS NUTRITIONAL POWERS.

FOUR-CHEESE BUTTERNUT SPAGHETTI PIE

HANDS-ON TIME 25 minutes
BAKE 45 minutes at 350°F
STAND 10 minutes

- **2 oz. dried spaghetti**
- **2 eggs, lightly beaten**
- **½ cup grated Parmesan cheese (2 oz.)**
- **1 tsp. dried Italian seasoning, crushed**
- **2 Tbsp. olive oil**
- **1 1½-lb. butternut squash, peeled, seeded, and cut into ¾-inch pieces**
- **1 cup cottage cheese**
- **1 cup shredded provolone cheese**
- **½ cup crumbled feta cheese (2 oz.)**
- **1 egg, lightly beaten**
- **¼ cup chopped fresh parsley**
- **2 Tbsp. chopped fresh basil**
- **Nonstick cooking spray**
- **1 cup marinara sauce, plus more for serving**

1. Preheat oven to 350°F. In a 6-qt. Dutch oven cook pasta according to package directions. Drain and transfer to a medium bowl. Let cool slightly. Stir in the 2 eggs, Parmesan cheese, and Italian seasoning.
2. Place the Dutch oven over medium-high heat. Add olive oil and butternut squash. Cook, stirring occasionally, about 10 minutes or until squash is lightly browned and tender. Transfer squash to a second medium bowl. Stir in cottage cheese, ½ cup of the provolone cheese, the feta cheese, the 1 egg, the parsley, and basil.
3. Wipe out Dutch oven with paper towels (or wash and dry if necessary). Coat with cooking spray. Transfer spaghetti mixture to Dutch oven. Press into bottom and partially up sides of the pot to form a crust. Spoon squash mixture into crust. Top with the 1 cup marinara sauce.
4. Bake, covered, 40 to 45 minutes. Sprinkle with the remaining provolone cheese. Bake, uncovered, 5 minutes more or until cheese is melted. Let stand 10 minutes before serving. Cut into wedges. If desired, top with additional basil. Serve with additional warmed marinara sauce. **Makes 6 servings.**

EACH SERVING *501 cal., 18 g fat (8 g sat. fat), 126 mg chol., 712 mg sodium, 60 g carb., 5 g fiber, 7 g sugars, 24 g pro.*

EASY PUMPKIN-ROASTED RED PEPPER MAC AND CHEESE

HANDS-ON TIME 20 minutes
BAKE 30 minutes at 375°F
STAND 5 minutes

- **1 14.5-oz. pkg. dried multigrain rotini or penne pasta**
- **1 15- to 16-oz. jar Alfredo pasta sauce**
- **1 15-oz. can pumpkin**
- **½ cup chopped roasted red bell peppers**
- **½ cup water**
- **¼ tsp. salt**
- **⅛ tsp. black pepper**
- **1½ cups shredded Fontina cheese (6 oz.)**

EASY PUMPKIN-ROASTED RED PEPPER MAC AND CHEESE

1. Preheat oven to 375°F. Grease a 3-qt. rectangular baking dish.
2. In a large pot cook pasta in boiling salted water according to package directions; drain. Return to pot. Stir in next six ingredients (through black pepper). Stir in ½ cup of the cheese. Transfer to prepared dish.
3. Bake, covered, 25 minutes. Sprinkle with remaining 1 cup cheese. Bake, uncovered, 5 minutes more or until heated through and cheese is melted. Let stand 5 minutes before serving. **Makes 6 servings.**

EACH SERVING *511 cal., 22 g fat (11 g sat. fat), 92 mg chol., 894 mg sodium, 56 g carb., 7 g fiber, 7 g sugars, 23 g pro.*

BAKED VEGETABLE CURRY

BAKED VEGETABLE CURRY

HANDS-ON TIME 25 minutes
BAKE 55 minutes at 350°F

- **3 cups cauliflower florets**
- **1 15-oz. can chickpeas, rinsed and drained**
- **8 oz. fresh green beans, trimmed and cut into 1-inch pieces**
- **8 oz. new potatoes, quartered**
- **1 cup sliced carrots**
- **½ cup chopped onion**
- **⅓ cup golden raisins (optional)**
- **1 Tbsp. curry powder**
- **½ tsp. salt**
- **¼ tsp. crushed red pepper**
- **½ cup reduced-sodium chicken broth or vegetable broth**
- **1 cup unsweetened coconut milk**
- **3 cups hot cooked basmati or long grain rice**
- **¼ cup shredded fresh basil leaves (optional)**
- **¼ cup chopped cashews or peanuts (optional)**

1. Preheat oven to 350°F. In a 3-qt. rectangular baking dish combine first 10 ingredients (through crushed red pepper). Drizzle with broth. Cover with foil and bake 45 minutes.

2. Drizzle with coconut milk. Uncover and bake about 10 minutes more or until vegetables are tender and sauce thickens slightly. Serve vegetable mixture over rice. If desired, top with basil and cashews. **Makes 6 servings.**

EACH SERVING *298 cal., 8 g fat (6 g sat. fat), 375 mg sodium, 49 g carb., 7 g fiber, 6 g sugars, 8 g pro.*

EDAMAME, CORN, AND CHEESE ENCHILADAS

HANDS-ON TIME 20 minutes
BAKE 35 minutes at 350°F

- **Nonstick cooking spray**
- **1 cup frozen edamame, thawed, or canned black or pinto beans**
- **1 cup frozen whole kernel corn, thawed**
- **2 tsp. fajita seasoning**
- **2 cups shredded Monterey Jack cheese (8 oz.)**
- **10 7- to 8-inch whole wheat flour tortillas**
- **1 15-oz. can tomato sauce**
- **1 14.5-oz. can fire-roasted or regular diced tomatoes, undrained**
- **1½ to 2 tsp. chili powder**
- **Sour cream (optional)**
- **Snipped fresh cilantro (optional)**

1. Preheat oven to 350°F. Coat a 3-qt. rectangular baking dish with cooking spray. In a medium bowl combine edamame, corn, and fajita seasoning. Stir in 1½ cups of the cheese. Spoon about ⅓ cup of the mixture onto each tortilla; roll up. Place, seam sides down, in prepared dish.

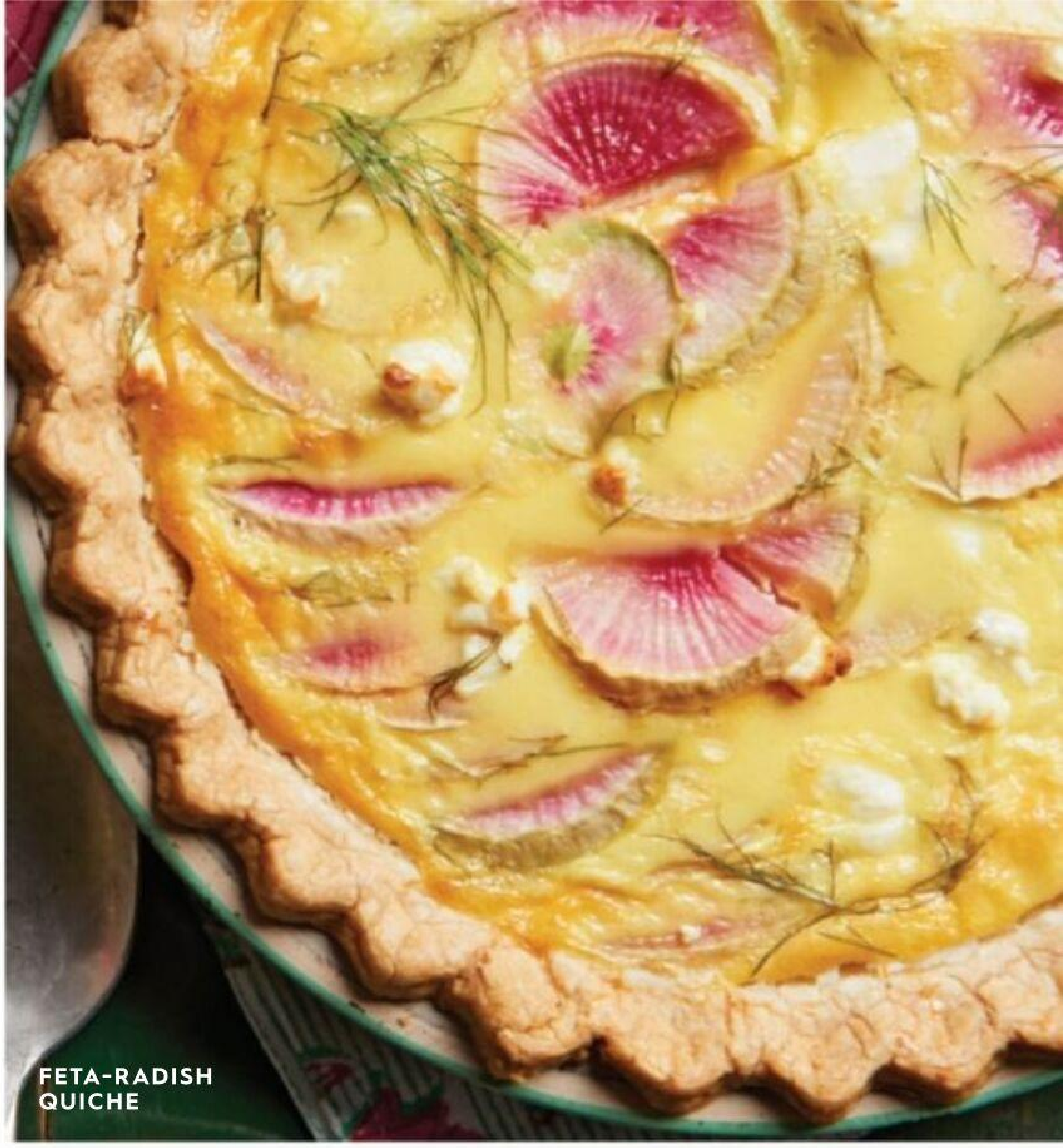
2. In a medium bowl combine tomato sauce, diced tomatoes, and chili powder; pour over filled tortillas.

3. Bake, covered, 20 minutes. Uncover and bake, 15 to 20 minutes more or until heated through, sprinkling with remaining ½ cup cheese the last 5 minutes. If desired, top with sour cream and/or cilantro. **Makes 10 servings.**

EACH SERVING *269 cal., 11 g fat (5 g sat. fat), 20 mg chol., 759 mg sodium, 32 g carb., 5 g fiber, 6 g sugars, 13 g pro.*

EDAMAME, CORN, AND CHEESE ENCHILADAS

EGG-STUFFED PEPPERS


FETA-RADISH QUICHE

EGG-STUFFED PEPPERS

HANDS-ON TIME 20 minutes
BAKE 45 minutes at 350°F

- **1 extra-large red or green bell pepper**
- **⅔ cup cooked brown rice**
- **½ cup canned reduced-sodium black beans, rinsed and drained**
- **½ cup seeded and chopped tomato**
- **¼ cup shredded Mexican-style cheese blend or cheddar cheese (1 oz.)**
- **½ tsp. salt-free Southwest chipotle or fiesta lime seasoning blend**
- **¼ tsp. salt**
- **2 eggs**
- **Snipped fresh cilantro (optional)**

1. Preheat oven to 350°F. Cut sweet pepper in half lengthwise; remove seeds and membranes.

2. For filling, in a small bowl combine rice, beans, tomato, 2 Tbsp. of the cheese, the seasoning blend, and salt. Divide filling between pepper halves. Using the back of a spoon, make an indentation in filling. Place in a 2-qt. square baking dish. Pour ½ cup water into dish around pepper halves.

3. Bake, covered, 30 minutes. Remove from oven. Break an egg into a custard cup and slip into one indentation in filling. Repeat with remaining egg and indentation. Bake, covered, 15 minutes more or until egg whites are completely set or to desired doneness. Sprinkle with remaining 2 Tbsp. cheese and, if desired, cilantro. **Makes 2 servings.**

EACH SERVING *298 cal., 10 g fat (4 g sat. fat), 199 mg chol., 538 mg sodium, 36 g carb., 6 g fiber, 6 g sugars, 16 g pro.*

FETA-RADISH QUICHE

HANDS-ON TIME 25 minutes
BAKE 12 minutes at 450°F plus 40 minutes at 350°F
STAND 10 minutes

- **½ of a 14.1-oz. pkg. rolled refrigerated unbaked piecrust (1 crust)**
- **6 oz. assorted radishes, trimmed and thinly sliced**
- **3 eggs, lightly beaten**
- **3 egg whites**
- **1¼ cups milk**
- **½ cup crumbled feta cheese (2 oz.)**
- **1 Tbsp. snipped fresh dill**
- **¼ tsp. salt**
- **⅛ tsp. black pepper**

1. Preheat oven to 450°F. Let piecrust stand according to package directions. Unroll piecrust and fit into a 9-inch pie plate. Fold under extra dough; crimp edge as desired. Do not prick piecrust. Line piecrust with a double thickness of foil. Bake 8 minutes; remove foil. Bake 4 to 5 minutes more or until set and dry. Remove piecrust from oven. Reduce oven to 350°F.

2. Arrange radishes in a circular pattern on bottom of partially baked piecrust. In a large bowl whisk together remaining ingredients. Pour mixture over radishes in crust.

3. Bake 40 to 45 minutes or until a knife comes out clean. Transfer to a wire rack. Let stand 10 minutes before serving. If desired, top with additional fresh dill. **Makes 8 servings.**

EACH SERVING *248 cal., 15 g fat (7 g sat. fat), 171 mg chol., 451 mg sodium, 20 g carb., 4 g sugars, 9 g pro.*

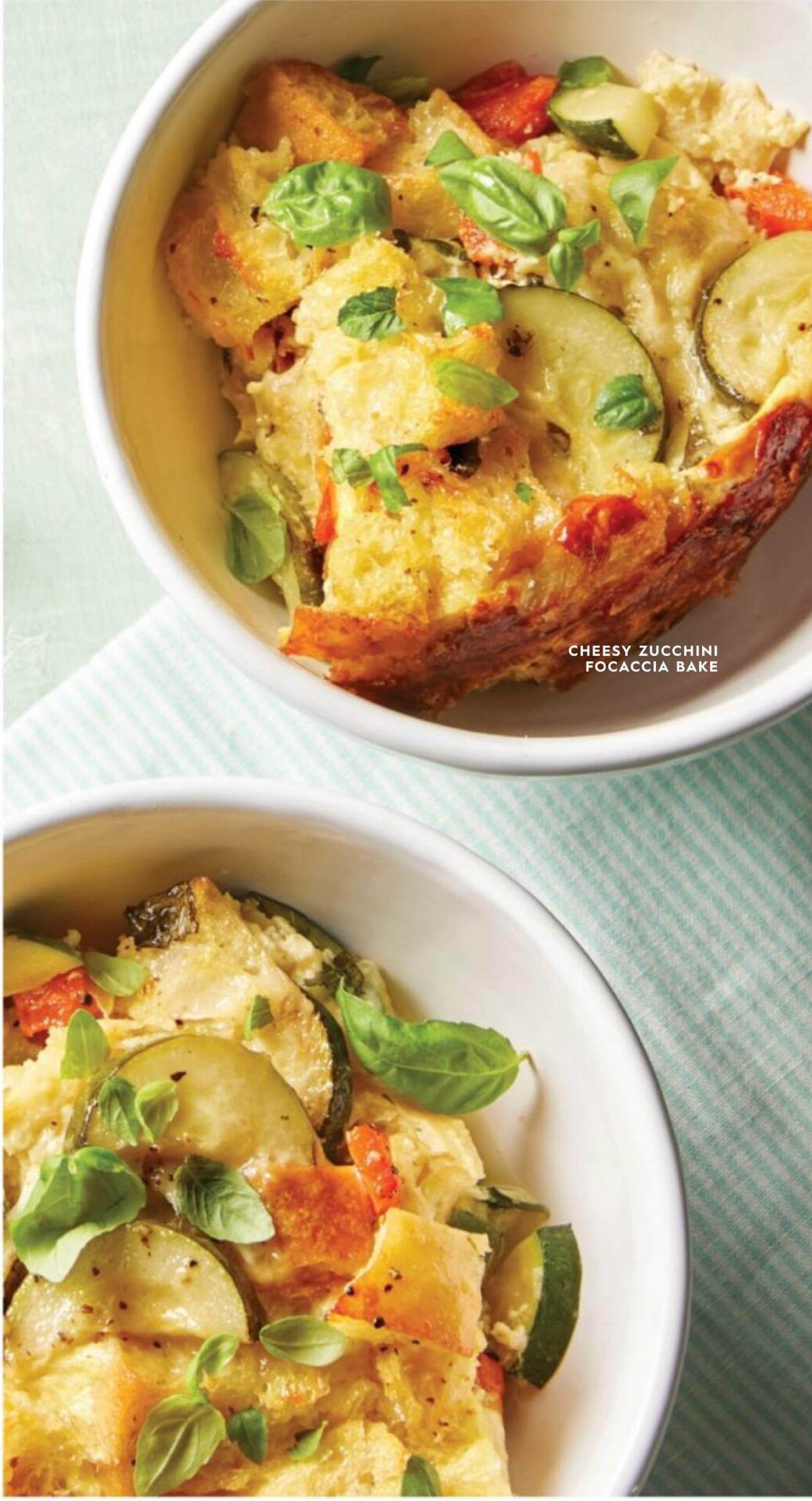
CHEESY ZUCCHINI FOCACCIA BAKE

HANDS-ON TIME 25 minutes
BAKE 45 minutes at 350°F
STAND 15 minutes

2	**Tbsp. olive oil**
3	**medium zucchini, halved lengthwise and sliced ¼ inch thick**
	Nonstick cooking spray
6	**cups bite-size cubes garlic focaccia bread**
1¼	**cups shredded provolone cheese (5 oz.)**
½	**cup grated Parmesan cheese (2 oz.)**
¼	**cup chopped roasted red bell pepper**
2	**Tbsp. snipped fresh flat-leaf parsley**
2	**Tbsp. chopped fresh basil**
6	**eggs, lightly beaten**
2	**cups milk**
½	**tsp. salt**
½	**tsp. black pepper**

1. Preheat oven to 350°F. In a 4- to 5-qt. Dutch oven heat oil over medium-high. Cook zucchini, half at a time, in hot oil until lightly browned, stirring occasionally. Transfer to a large bowl; let cool slightly. Wipe out Dutch oven with paper towels (or wash and dry if necessary). Coat with cooking spray.
2. Stir the next six ingredients (through basil) into zucchini. Spoon mixture into Dutch oven. In the same bowl combine the remaining ingredients; pour over bread mixture in pot. Using the back of a large spoon, press lightly to moisten bread completely.
3. Cover and bake 45 minutes (for a 5-qt. pot) to 60 minutes (for a 4-qt. pot) or until a knife inserted in the center comes out clean. Let stand, covered, 15 to 20 minutes before serving. If desired, sprinkle with additional fresh basil. **Makes 8 servings.**

EACH SERVING *289 cal., 17 g fat (7 g sat. fat), 161 mg chol., 634 mg sodium, 18 g carb., 2 g fiber, 7 g sugars, 17 g pro.*



CHEESY ZUCCHINI FOCACCIA BAKE

GOOD FOR YOU. MEATLESS BAKES PACKED WITH VEGGIES, LEGUMES, AND WHOLE GRAINS OFFER GREAT TASTE AND GOOD NUTRITION.

RATATOUILLE PIE

RATATOUILLE PIE

HANDS-ON TIME 20 minutes
BAKE 45 minutes at 375°F
STAND 10 minutes

- **1 15-oz. can crushed tomatoes**
- **1 shallot, thinly sliced**
- **2 cloves garlic, thinly sliced**
- **2½ cups thinly sliced Japanese, Thai, or globe eggplant**
- **1¼ cups thinly sliced zucchini**
- **1¼ cups thinly sliced yellow summer squash**
- **1¼ cups thinly sliced red bell pepper rings**
- **1 tsp. fresh thyme leaves**
- **3 oz. tomato-basil or herb-flavored goat cheese or feta cheese, crumbled**

1. Preheat oven to 375°F. In a 9-inch deep-dish pie plate combine crushed tomatoes, shallot, 2 tsp. olive oil, the garlic, and ⅛ tsp. each salt and black pepper; spread in an even layer.
2. Layer eggplant, zucchini, summer squash, and bell pepper over tomato layer in pie plate, overlapping to create a spiral pattern, covering tomato mixture.
3. Drizzle 2 tsp. olive oil evenly over vegetables; sprinkle with ¼ tsp. salt, ⅛ tsp. black pepper, and the thyme. Bake 40 minutes or until vegetables are tender. Sprinkle with goat cheese; bake 5 minutes more or until softened. Let stand 10 minutes before serving.
4. To serve, carefully slice through vegetables and spoon any remaining sauce from pie plate over vegetables. **Makes 4 servings.**

EACH SERVING *196 cal., 12 g fat (5 g sat. fat), 17 mg chol., 398 mg sodium, 17 g carb., 6 g fiber, 11 g sugars, 8 g pro.*

TWO-BEAN CORN BREAD PIE

HANDS-ON TIME 15 minutes
BAKE 15 minutes at 425°F
COOL 10 minutes

- **1 15-oz. can no-salt-added chili beans in chili sauce, undrained**
- **1 15-oz. can no-salt-added black beans, drained**
- **1 4-oz. can diced green chiles, undrained**
- **½ cup fresh or frozen sweet corn, thawed**
- **½ cup bottled salsa**
- **1½ tsp. chili powder**
- **1 tsp. ground cumin**
- **½ tsp. smoked paprika**
- **¼ tsp. salt**
- **⅛ tsp. black pepper**
- **¾ cup yellow cornmeal**
- **¼ cup white whole wheat flour**
- **2 tsp. baking powder**
- **½ cup buttermilk**
- **1 egg, lightly beaten**
- **1½ tsp. honey**
- **¼ cup shredded Mexican-style cheese blend (1 oz.)**
- **Chopped fresh tomato, snipped fresh cilantro, sliced fresh jalapeño (tip, *p. 23*), sliced green onion, and/or finely chopped red onion (optional)**

1. Preheat oven to 425°F. Coat a 9-inch deep-dish pie plate with nonstick cooking spray. In a large bowl combine first 10 ingredients (through black pepper). Pour into prepared pie plate.
2. In a medium bowl combine cornmeal, flour, and baking powder. Whisk in buttermilk, egg, and honey until just combined. Carefully spread batter evenly over bean mixture.
3. Bake 10 minutes. Remove from oven and sprinkle evenly with cheese. Bake 5 minutes more or until corn bread is golden brown. Transfer to a wire rack; cool 10 minutes.
4. If desired, serve topped with tomato, cilantro, jalapeño slices, green onion, and/or red onion. **Makes 8 servings.**

EACH SERVING *199 cal., 3 g fat (1 g sat. fat), 28 mg chol., 375 mg sodium, 34 g carb., 6 g fiber, 4 g sugars, 10 g pro.*

TWO-BEAN
CORN BREAD PIE

CARAMELIZED PEAR AND
BLUE CHEESE QUICHE

CARAMELIZED PEAR AND BLUE CHEESE QUICHE

HANDS-ON TIME 50 minutes
BAKE 30 minutes at 400°F plus 80 minutes at 325°F
COOL 40 minutes

1	**Deep-Dish Pastry Shell (recipe, *p. 33*)**
3	**firm medium pears**
2	**Tbsp. unsalted butter**
1	**Tbsp. sugar**
½	**cup crumbled blue cheese (2 oz.)**
6	**eggs**
2	**cups plain fat-free Greek yogurt**
1	**cup milk**
½	**tsp. salt**
¼	**tsp. white pepper**
⅛	**tsp. ground nutmeg**
	Fresh sage leaves (optional)

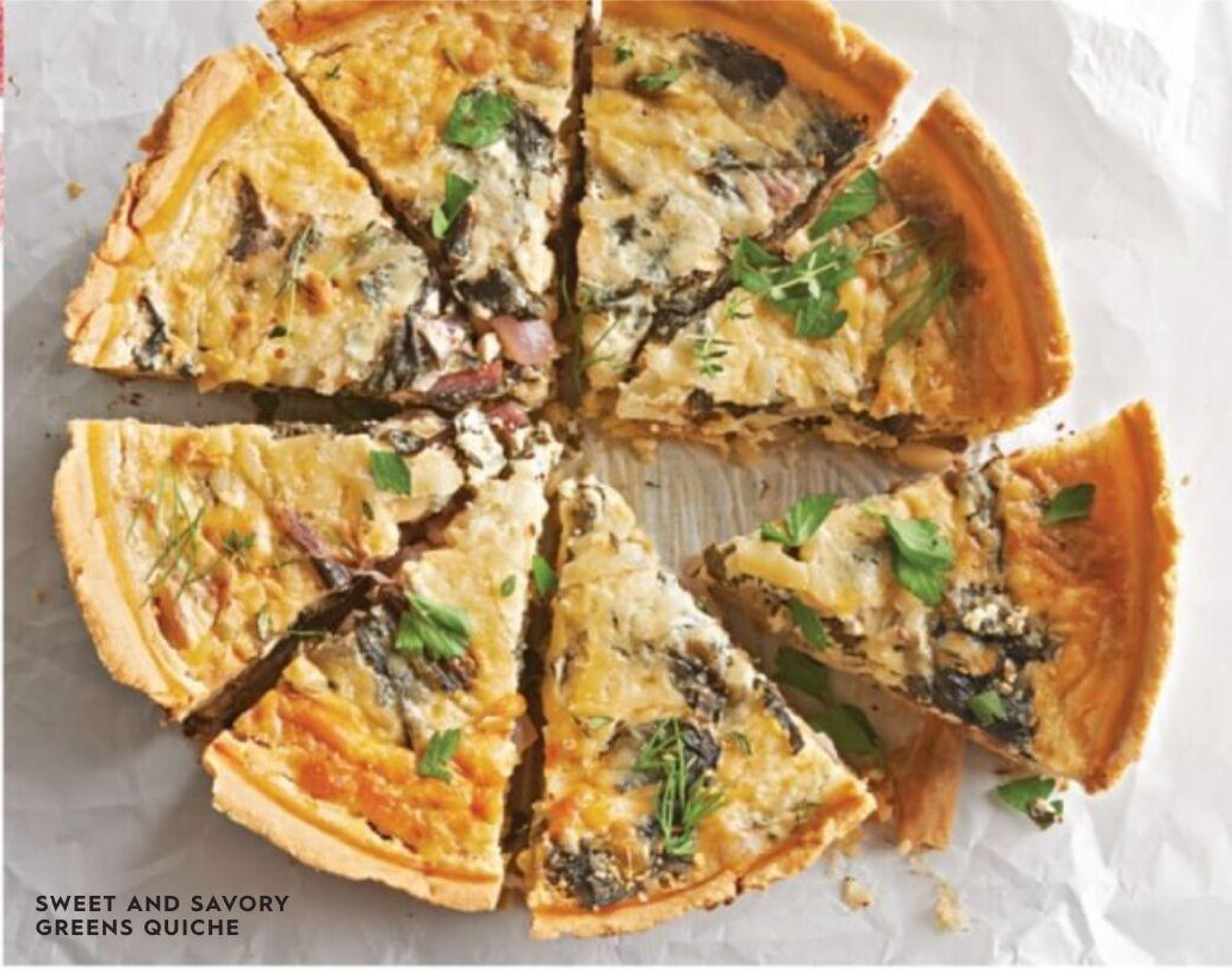
1. Prepare Deep-Dish Pastry Shell. Preheat oven to 400°F. Line pastry with a double thickness of foil, extending foil over side. Bake 20 minutes or until edge of pastry is light brown. Remove foil; bake 10 to 15 minutes more or until bottom is light brown. Cool completely on a wire rack.

2. Preheat oven to 325°F. Cut two of the pears into ½- to ¾-inch cubes. Thinly slice remaining pear. In a large skillet melt 1 Tbsp. of the butter over medium-high heat. Add cubed pears and sugar; cook 7 to 8 minutes or until lightly browned, stirring occasionally. Spoon into pastry shell. Melt remaining 1 Tbsp. butter in skillet; add sliced pears. Cook 3 to 4 minutes or just until softened, stirring occasionally.

3. In a blender combine next seven ingredients (through nutmeg). Cover and blend until frothy. Pour into pastry shell. Top with pear slices. Carefully place springform pan in a shallow baking pan.

4. Bake 80 to 90 minutes or until top is light brown and filling is just set in center (165°F). Cool in pan on a wire rack 40 minutes. Using a serrated knife, trim pastry flush with top of pan. Remove side of pan. Sprinkle quiche with additional cheese and, if desired, sage leaves. **Makes 10 servings.**

EACH SERVING *345 cal., 18 g fat (10 g sat. fat), 169 mg chol., 548 mg sodium, 31 g carb., 2 g fiber, 9 g sugars, 15 g pro.*



SWEET AND SAVORY GREENS QUICHE

SWEET AND SAVORY GREENS QUICHE

HANDS-ON TIME 50 minutes
BAKE 30 minutes at 400°F plus 80 minutes at 325°F
COOL 40 minutes

1	**Deep-Dish Pastry Shell (recipe, *p. 33*)**
2	**Tbsp. olive oil**
8	**cups red Swiss chard (10 oz.), torn**
1	**cup chopped red onion**
3	**cloves garlic, minced**
¼	**cup finely chopped golden raisins**
3	**Tbsp. pine nuts, toasted**
2	**tsp. balsamic vinegar**
6	**eggs**
2	**cups plain fat-free Greek yogurt**
1	**cup milk**
½	**tsp. salt**
¼	**tsp. white pepper**
⅛	**tsp. ground nutmeg**
1	**cup shredded provolone cheese (4 oz.)**
	Fresh herbs (optional)

1. Prepare Deep-Dish Pastry Shell. Preheat oven to 400°F. Line pastry with a double thickness of foil, extending foil over side. Bake 20 minutes or until edge of pastry is light brown. Remove foil; bake 10 to 15 minutes more or until bottom is light brown. Cool completely on a wire rack.

2. Preheat oven to 325°F. In an extra-large skillet heat oil over medium-high. Add Swiss chard, onion, and garlic; cook 4 to 6 minutes or just until chard is wilted. Add raisins and pine nuts; cook and stir 2 minutes. Drizzle with vinegar; toss to coat. Cool 5 minutes.

3. In a blender combine next six ingredients (through nutmeg). Cover and blend until frothy. Transfer chard mixture to pastry shell. Sprinkle with cheese; add egg mixture. Place springform pan in a shallow baking pan.

4. Bake 80 to 90 minutes or until top is light brown and filling is just set in center (165°F). Cool in pan on a wire rack 40 minutes. Using a serrated knife, trim pastry flush with top of pan. Remove side of pan. If desired, sprinkle quiche with herbs. **Makes 10 servings.**

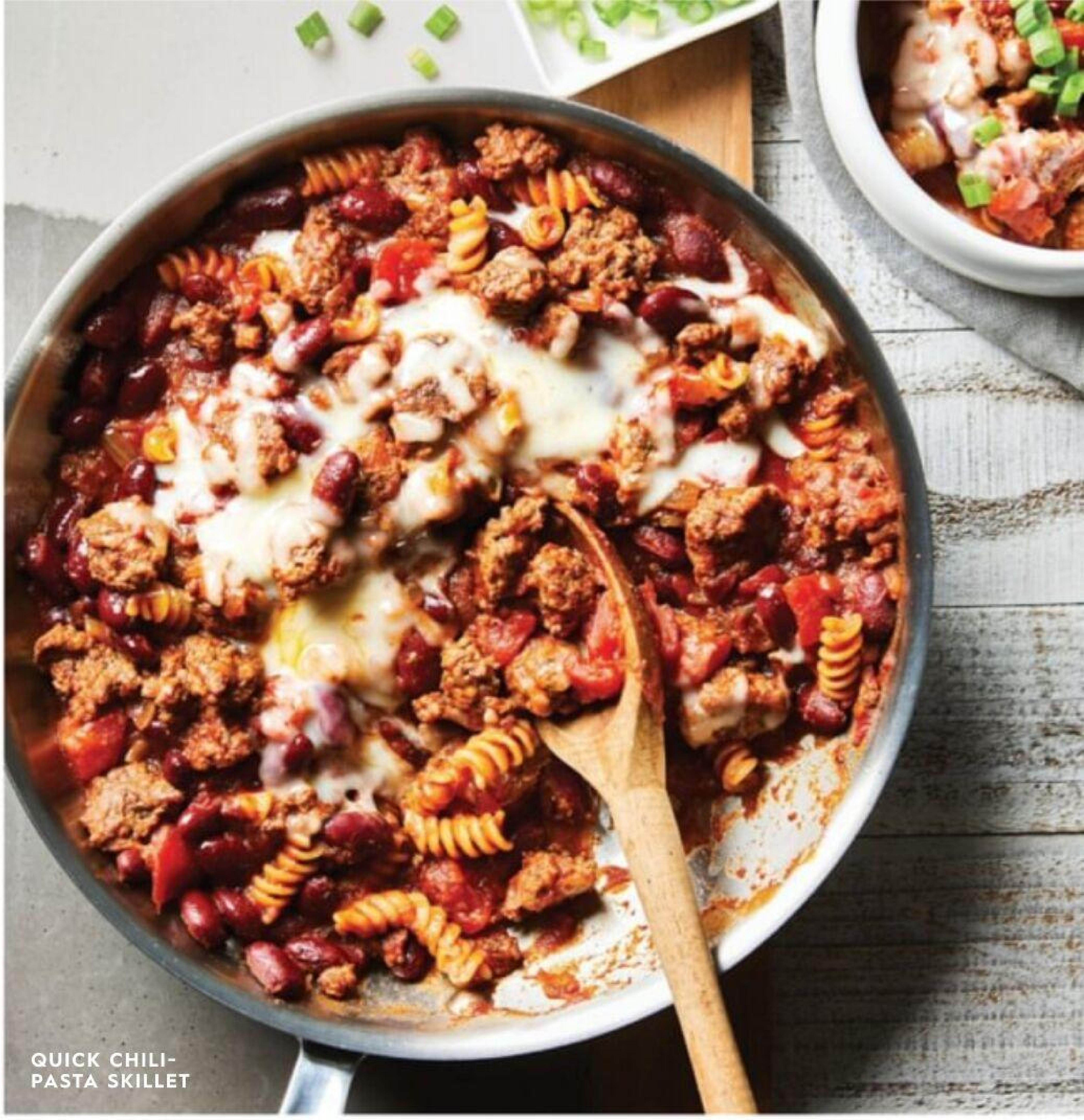
EACH SERVING *369 cal., 21 g fat (10 g sat. fat), 164 mg chol., 591 mg sodium, 29 g carb., 2 g fiber, 7 g sugars, 17 g pro.*

CONFETTI HASH AND EGGS
Recipe on p. 97

SKILLETS, WOKS & SAUCEPANS

These quick-to-fix stir-fries, skillet meals, pastas, frittatas, and scrambles go from stovetop to tabletop in no time for fast, fresh meals any day of the week.

STEAK AND SPINACH NOODLES WITH KIMCHI



QUICK CHILI-PASTA SKILLET

STEAK AND SPINACH NOODLES WITH KIMCHI

HANDS-ON TIME 30 minutes
MARINATE 30 minutes

¼ cup reduced-sodium soy sauce
2 Tbsp. rice vinegar
2 Tbsp. packed brown sugar
1 Tbsp. toasted sesame oil
1 Tbsp. gochujang or 1 tsp. sriracha sauce
1 lb. beef flank or skirt steak, trimmed*
8 oz. dried rice, soba, or cellophane noodles
2 Tbsp. vegetable oil
8 oz. fresh shiitake mushrooms, stemmed and sliced
1 cup julienned or coarsely shredded carrots
6 green onions, cut into 1-inch pieces
2 cups fresh baby spinach
1 cup kimchi, coarsely chopped
Toasted sesame seeds (optional)

1. In a medium bowl combine first five ingredients (through gochujang). Transfer 3 Tbsp. of the soy sauce mixture to a small bowl. Thinly slice meat into bite-size strips.* Stir meat into remaining soy sauce mixture. Cover and chill 30 minutes. Drain and discard marinade from meat.
2. Meanwhile, soak noodles according to package directions; drain.
3. In a wok or 12-inch skillet heat 1 Tbsp. of the vegetable oil over medium-high heat. Add meat, half at a time; cook and stir 1 to 2 minutes or until slightly pink in the center, adding additional oil if needed. Remove from wok.
4. Add remaining 1 Tbsp. oil to wok. Add mushrooms, carrots, and green onions; cook and stir 3 to 4 minutes or just until crisp-tender. Add noodles, meat, spinach, and kimchi. Cook and stir 1 minute more or until spinach is wilted. Stir in reserved sauce; heat through.
5. If desired, top servings with sesame seeds and serve with additional kimchi and gochujang. **Makes 4 servings.**

***TIP** For easier slicing, partially freeze meat 30 to 45 minutes.

EACH SERVING *522 cal., 16 g fat (4 g sat. fat), 78 mg chol., 737 mg sodium, 62 g carb., 4 g fiber, 8 g sugars, 31 g pro.*

QUICK CHILI-PASTA SKILLET

HANDS-ON TIME 15 minutes
COOK 20 minutes
STAND 2 minutes

1 lb. 90% lean ground beef
¾ cup chopped onion
1 15-oz. can red kidney, black, or red beans, rinsed and drained
1 14.5-oz. can diced tomatoes, undrained
1 8-oz. can tomato sauce
½ cup dried elbow macaroni
1 4-oz. can diced green chiles, drained
2 to 3 tsp. chili powder
½ tsp. garlic salt
½ cup shredded Monterey Jack or cheddar cheese (2 oz.)

1. In a 10-inch skillet cook ground beef and onion over medium-high heat until meat is browned. Drain off fat.
2. Stir in next seven ingredients (through garlic salt). Bring to boiling; reduce heat. Simmer, covered, about 20 minutes or until macaroni is tender but still firm, stirring frequently. Remove from heat.
3. Sprinkle with cheese. Cover and let stand about 2 minutes or until cheese melts. **Makes 6 servings.**

EACH SERVING *289 cal., 11 g fat (5 g sat. fat), 56 mg chol., 622 mg sodium, 27 g carb., 5 g fiber, 4 g sugars, 23 g pro.*

SEARED PORK CHOPS WITH APPLES AND ONION

SEARED PORK CHOPS WITH APPLES AND ONION

HANDS-ON TIME 15 minutes
COOK 25 minutes

4 7- to 8-oz. bone-in center-cut pork rib chops, trimmed of fat
Salt and black pepper
Nonstick cooking spray
2 firm cooking apples, such as Gala or Fuji, cut into ¼-inch slices
1 large onion, cut into thin wedges
2 cloves garlic, minced
¼ cup dry white wine
¼ cup reduced-sodium chicken broth
1 to 2 tsp. Dijon mustard
1 tsp. butter
1⅓ cups hot cooked brown rice
1 Tbsp. fresh thyme leaves

1. Sprinkle chops with ½ tsp. each salt and pepper. Coat a 12-inch nonstick skillet with cooking spray; heat skillet over medium-high heat. Add meat; cook 4 to 5 minutes or until browned on both sides. Remove from skillet; keep warm.

2. In skillet combine apples, onion, and garlic. Cook over medium-high heat 6 to 8 minutes or until apples are golden, stirring occasionally. Carefully add wine; cook 1 to 2 minutes, stirring to scrape up any browned bits. Stir in broth, mustard, and butter. Return meat to skillet. Simmer, covered, 4 to 6 minutes or until an instant-read thermometer inserted in chops registers 145°F.

3. Serve meat and apple mixture with rice. Sprinkle with thyme.

Makes 4 servings.

EACH SERVING *321 cal., 7 g fat (3 g sat. fat), 69 mg chol., 426 mg sodium, 33 g carb., 4 g fiber, 12 g sugars, 29 g pro.*

PINEAPPLE-PORK FRIED RICE

START TO FINISH 25 minutes

1 egg, lightly beaten
2 egg whites, lightly beaten
5 tsp. corn, canola, or vegetable oil
1 lb. pork tenderloin, trimmed and cut into bite-size pieces
1 cup chopped fresh pineapple
½ cup thinly sliced carrot
½ cup thinly bias-sliced celery
½ cup sliced green onions
2 tsp. grated fresh ginger
2 cloves garlic, minced
2 cups cooked jasmine rice
½ cup frozen peas, thawed
3 Tbsp. reduced-sodium soy sauce
1 Tbsp. chopped fresh cilantro
Finely chopped peanuts, lime wedges, and/or sriracha sauce (optional)

1. In a small bowl combine egg and egg whites; set aside. In a wok or 12-inch skillet heat 2 tsp. of the oil over medium-high heat. Add meat; cook and stir 3 to 5 minutes or until slightly pink in center. Transfer meat to a plate.

2. Add remaining 3 tsp. oil to wok; heat over medium-high heat. Add next five ingredients (through ginger); cook and stir 3 to 4 minutes or until vegetables are tender. Add garlic; cook and stir 30 seconds more.

3. Add egg mixture. Cook, without stirring, 5 to 10 seconds or until egg sets on bottom but remains runny on top. Add rice; cook 1 minute, turning and tossing constantly. Return cooked meat to wok; add peas, soy sauce, and cilantro. Cook and stir until heated through. If you like, serve with peanuts, lime wedges, and/or sriracha sauce.

Makes 4 servings.

EACH SERVING *386 cal., 11 g fat (2 g sat. fat), 144 mg chol., 546 mg sodium, 41 g carb., 4 g fiber, 8 g sugars, 31 g pro.*

PINEAPPLE-PORK
FRIED RICE

CREAMY STOVETOP ALFREDO WITH BACON AND PEAS

ADD SPICE TO LIFE. HARISSA IS A CONDIMENT WIDELY USED IN NORTH AFRICAN COOKING TO ADD COMPLEX FLAVOR TO A VARIETY OF DISHES. IT USUALLY CONTAINS SOME COMBINATION OF ROASTED PEPPERS, CHILES, GARLIC, CARAWAY, CORIANDER, CUMIN, AND OLIVE OIL.

CREAMY STOVETOP ALFREDO WITH BACON AND PEAS

START TO FINISH 35 minutes

4	**slices thick-cut bacon, coarsely chopped**
2	**cloves garlic, minced**
2	**cups dried rotini, penne, or rigatoni pasta**
1	**14.5-oz. can chicken broth**
½	**tsp. salt**
¼	**tsp. black pepper**
1	**cup frozen peas**
¼	**to ⅓ cup heavy cream**
¼	**cup grated Parmesan cheese**

1. In a deep large skillet cook bacon over medium heat until crisp. Add garlic; cook and stir 30 seconds more. Drain fat. Stir in pasta, broth, 1 cup water, the salt, and pepper.

2. Bring to boiling; reduce heat. Simmer, covered, 12 to 15 minutes or until pasta is tender but still firm, stirring once. Stir in remaining ingredients. Cook and stir 2 minutes or until heated through. If desired, sprinkle with additional crisp-cooked bacon.

Makes 4 servings.

EACH SERVING *378 cal., 13 g fat (6 g sat. fat), 37 mg chol., 1,043 mg sodium, 49 g carb., 3 g fiber, 4 g sugars, 16 g pro.*

HARISSA CHICKEN AND SNOW PEA SKILLET

START TO FINISH 25 minutes

1	**lb. skinless, boneless chicken breast, cut into ¾-inch pieces**
1	**to 2 tsp. harissa paste**
2	**cloves garlic, minced**
1	**Tbsp. olive oil**
2	**cups cherry tomatoes, halved**
12	**oz. snow pea pods, trimmed**
1	**15-oz. can no-salt-added chickpeas, rinsed and drained**
½	**cup reduced-sodium chicken broth**
⅛	**tsp. salt**
1	**lemon**
⅓	**cup chopped fresh parsley**
3	**Tbsp. pitted Kalamata olives, halved (8 olives)**
¼	**cup plain fat-free Greek yogurt**
4	**slices toasted French bread (optional)**

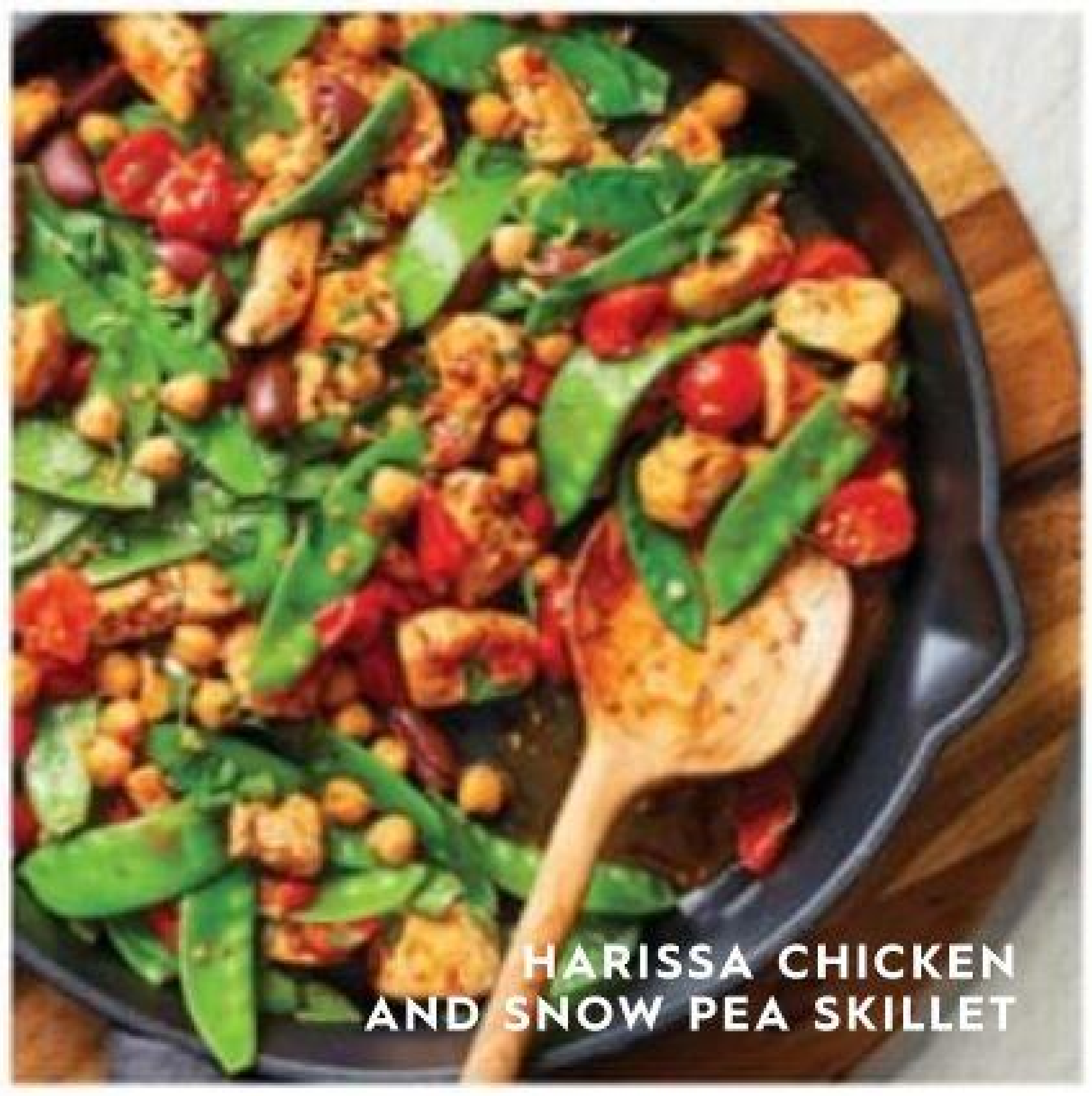
1. In a medium bowl combine chicken, harissa paste, and garlic; toss to coat. In a 12-inch skillet heat oil over medium-high heat. Add chicken; cook and stir until lightly browned and cooked through. Remove from skillet.

2. In same skillet combine next five ingredients (through salt). Bring to boiling; reduce heat. Simmer, covered, about 5 minutes or until tomatoes are softened and pea pods are tender. Return chicken to skillet.

3. Meanwhile, remove 1 tsp. zest and squeeze 1 Tbsp. juice from lemon. Stir lemon zest and juice, parsley, and olives into chicken mixture. Top servings with yogurt and, If desired, serve with bread for dipping.

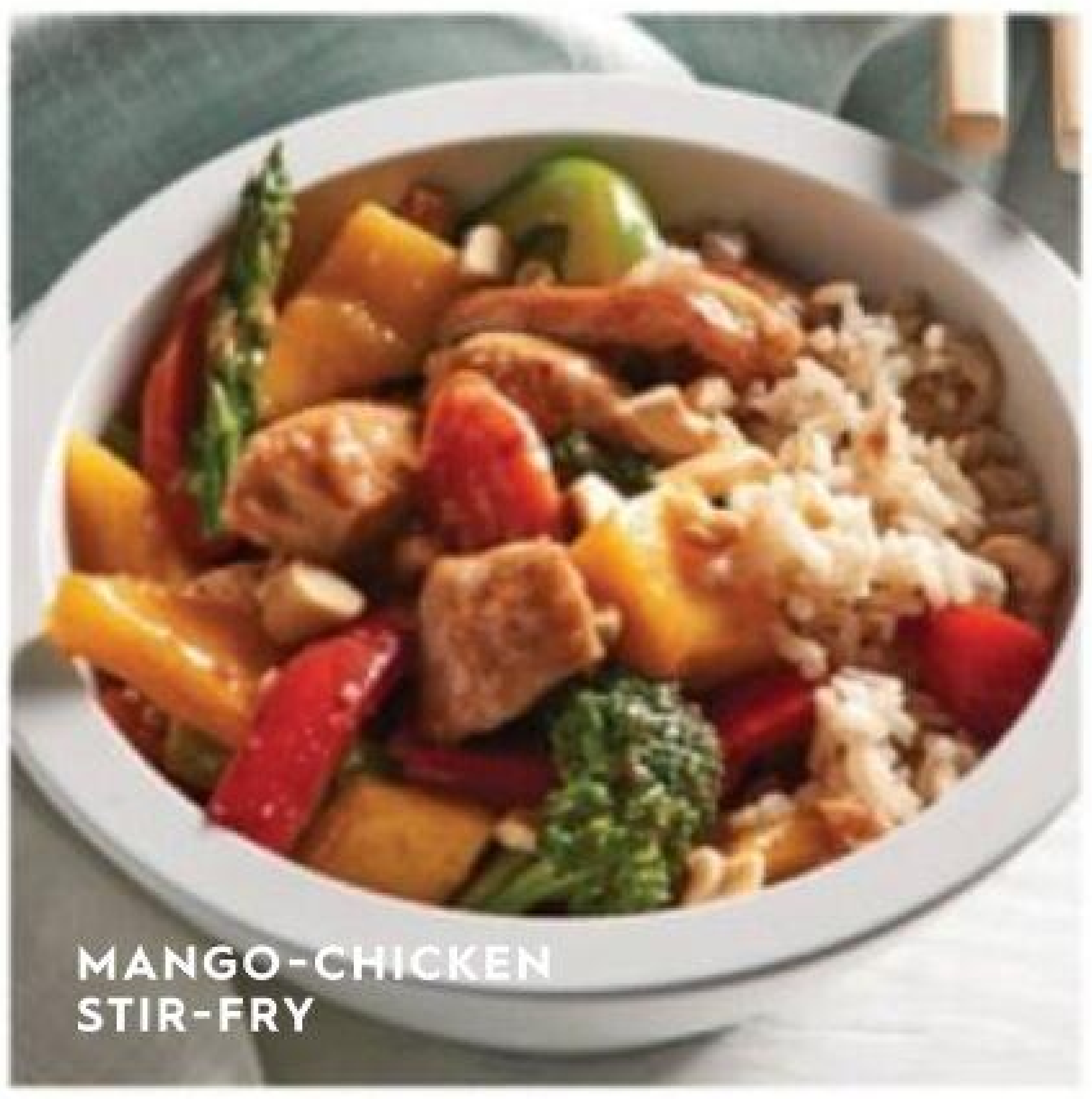
Makes 4 servings.

EACH SERVING *323 cal., 10 g fat (1 g sat. fat), 83 mg chol., 502 mg sodium, 23 g carb., 7 g fiber, 7 g sugars, 35 g pro.*



HARISSA CHICKEN AND SNOW PEA SKILLET

GOOD FOR YOU. STIR-FRIES OFFER AN OPPORTUNITY TO EASILY COMBINE LEAN PROTEINS WITH LOTS OF FRESH VEGGIES. THEY'RE QUICK TO FIX—AND USING PRECUT STIR-FRY VEGETABLES MAKES THEM TRULY A FLASH IN THE PAN.


MANGO-CHICKEN STIR-FRY

MANGO-CHICKEN STIR-FRY

START TO FINISH 30 minutes

1	**cup orange juice**
3	**Tbsp. reduced-sodium soy sauce**
3	**cloves garlic, minced**
1	**tsp. Chinese five-spice powder**
¼	**tsp. crushed red pepper**
12	**oz. skinless, boneless chicken breasts, cut into bite-size pieces**
2	**Tbsp. cornstarch**
2	**Tbsp. vegetable oil**
3	**cups precut fresh stir-fry vegetables**
2	**cups cubed fresh or bottled mango**
1⅓	**cups hot cooked brown rice**
3	**Tbsp. cashews**

1. For sauce, in a small bowl combine the first five ingredients (through crushed red pepper).

2. In a medium bowl toss together chicken and cornstarch. In a wok or 10-inch skillet heat oil over medium-high heat. Add chicken; cook and stir 4 minutes. Add stir-fry vegetables; cook and stir 1 minute. Add sauce. Cook and stir 2 minutes more or until thick and bubbly. Stir in mango. Serve stir-fry over brown rice and top with cashews. **Makes 4 servings.**

EACH SERVING *423 cal., 15 g fat (2 g sat. fat), 54 mg chol., 550 mg sodium, 48 g carb., 5 g fiber, 20 g sugars, 25 g pro.*

SKILLET FAJITAS

START TO FINISH 35 minutes

2	**tsp. salt-free fiesta lime seasoning blend**
1	**tsp. garlic powder**
⅛	**tsp. salt**
⅛	**tsp. black pepper**
1	**lb. skinless, boneless chicken breast, cut into thin strips**
2	**tsp. canola oil**
2	**cups green, yellow, and/or red bell pepper strips**
1	**large onion, thinly sliced**
8	**6-inch 100% whole wheat flour tortillas, warmed**
½	**cup salsa**
¼	**cup snipped fresh cilantro**
1	**lime, cut into 4 wedges**
¼	**cup plain fat-free Greek yogurt (optional)**
¼	**cup prepared guacamole (optional)**

1. In a resealable plastic bag combine seasoning blend, garlic powder, salt, and black pepper. Add chicken strips, several at a time, shaking to coat.

2. In a 12-inch cast-iron skillet heat 1 tsp. of the oil over medium. Add chicken; cook 3 to 4 minutes or until no longer pink, stirring frequently. Remove chicken.

3. In the same skillet heat remaining 1 tsp. oil over medium. Add bell peppers and onion; cook 8 minutes or until tender and golden, stirring frequently. Stir in chicken; heat through.

4. Serve mixture in warm tortillas with salsa, cilantro, lime, and, if desired, yogurt and guacamole. **Makes 4 servings.**

EACH SERVING *359 cal., 9 g fat (3 g sat. fat), 83 mg chol., 588 mg sodium, 38 g carb., 6 g fiber, 6 g sugars, 33 g pro.*

SKILLET FAJITAS

QUICK SZECHWAN CHICKEN

QUICK SZECHWAN CHICKEN

START TO FINISH 35 minutes

- **1 Tbsp. vegetable oil**
- **1 lb. skinless, boneless chicken thighs, cut into ½-inch pieces**
- **1 cup thinly sliced carrots**
- **1 cup thinly sliced celery**
- **¼ cup chicken broth**
- **3 Tbsp. Asian chili bean sauce**
- **3 Tbsp. reduced-sodium soy sauce**
- **1 Tbsp. Asian chili-garlic sauce**
- **1 Tbsp. rice vinegar**
- **2 tsp. cornstarch**
- **1 13- to 14-oz. can straw mushrooms or mushroom stems and pieces, drained**
- **1 15-oz. can whole baby corn, drained and cut up**
- **2 8.8-oz. pkg. cooked brown or white rice, heated according to pkg. directions**
- **¼ cup dry honey-roasted peanuts, coarsely chopped (optional)**

1. In a 3- to 4-qt. pot heat oil over medium-high heat. Add chicken; cook and stir about 5 minutes or until browned. Add carrots and celery. Cook about 5 minutes or until crisp-tender, stirring occasionally.

2. Meanwhile, for sauce, in a small bowl whisk together the next six ingredients (through cornstarch).

3. Add mushrooms, corn, and sauce mixture to pot, stirring to combine. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes or until thickened.

4. Serve over hot cooked rice. If desired, sprinkle servings with peanuts.

Makes 6 servings.

EACH SERVING *314 cal., 10 g fat (2 g sat. fat), 53 mg chol., 800 mg sodium, 31 g carb., 4 g fiber, 3 g sugars, 18 g pro.*

MEXICAN CHICKEN PASTA

MEXICAN CHICKEN PASTA

HANDS-ON TIME 25 minutes
COOK 25 minutes
STAND 10 minutes

- **2 Tbsp. vegetable oil**
- **1¼ lb. skinless, boneless chicken breast, cut into 1-inch pieces**
- **1 medium onion, cut into thin wedges**
- **1 1.25-oz. envelope taco seasoning mix**
- **8 oz. dried ziti or penne pasta**
- **1 14.5-oz. can reduced-sodium chicken broth**
- **1½ cups water**
- **2 roma tomatoes, chopped**
- **2 green and/or red bell peppers, cut into bite-size strips (2 cups)**
- **1 15-oz. can black beans, rinsed and drained**
- **1 cup frozen whole kernel corn**
- **1 cup shredded Monterey Jack cheese (4 oz.)**
- **Chopped fresh cilantro**

1. In a 5- to 6-qt. pot heat oil over medium-high heat. Add half of the chicken. Cook and stir 2 minutes or until browned; remove to a bowl. Repeat with remaining chicken. Add onion to pot. Cook and stir 3 to 4 minutes or until tender, adding additional oil if necessary. Return chicken to pot. Add seasoning mix; stir to coat. Add the next four ingredients (through tomatoes). Bring to boiling; reduce heat. Simmer, covered, 10 minutes, stirring occasionally.

2. Stir peppers, beans, and corn into pasta mixture. Return to boiling; reduce heat. Simmer, uncovered, 15 minutes more or until pasta is tender, stirring occasionally. Remove from heat. Top with cheese. Let stand, covered, 10 minutes. Sprinkle with cilantro.

Makes 8 servings.

EACH SERVING *363 cal., 10 g fat (3 g sat. fat), 64 mg chol., 695 mg sodium, 40 g carb., 5 g fiber, 4 g sugars, 27 g pro.*

SKILLET MAC 'N' CHEESE
WITH TOMATOES

PESTO PENNE WITH BROCCOLI AND CHICKEN

SKILLET MAC 'N' CHEESE WITH TOMATOES

HANDS-ON TIME 20 minutes
COOK 20 minutes
BROIL 7 minutes

3	**green onions**
	Nonstick cooking spray
1	**medium zucchini, halved lengthwise and thinly sliced**
1	**cup bite-size strips red bell pepper**
1½	**cups low-fat (1%) milk**
3	**Tbsp. all-purpose flour**
¼	**tsp. salt**
¼	**tsp. black pepper**
½	**cup light cream cheese spread**
2	**cups shredded reduced-fat cheddar cheese (8 oz.)**
2¼	**cups dried multigrain elbow macaroni, cooked according to pkg. directions**
1¼	**cups shredded cooked chicken breast**
1	**cup cherry tomatoes, halved**
1	**Tbsp. chopped fresh oregano**

1. Thinly slice green onions, separating white and green parts. Coat a 10-inch oven-going skillet with cooking spray; heat skillet over medium heat. Add zucchini, bell pepper, and white parts of green onions. Cook 5 to 7 minutes or until crisp-tender, stirring occasionally. Transfer mixture to a bowl; stir in green parts of onions.

2. Preheat broiler. In a medium bowl whisk together milk, flour, salt, and black pepper. Add milk mixture and cream cheese to skillet. Cook and stir over medium heat until thick and bubbly. Gradually add 1¾ cups of the cheddar cheese, whisking until cheese is melted and sauce is smooth.

3. Stir in macaroni, chicken, and zucchini mixture. Top with tomatoes. Broil 4 to 5 inches from heat 6 to 8 minutes or until tomatoes are softened. Sprinkle with remaining ¼ cup cheese. Broil 1 to 2 minutes more or until cheese is melted. Sprinkle with oregano. **Makes 6 servings.**

EACH SERVING *373 cal., 14 g fat (7 g sat. fat), 64 mg chol., 529 mg sodium, 38 g carb., 4 g fiber, 8 g sugars, 28 g pro.*

PESTO PENNE WITH BROCCOLI AND CHICKEN

START TO FINISH 20 minutes

8	**oz. dried penne, mostaccioli, or bow tie pasta**
2	**cups broccoli florets**
1	**7-oz. container basil pesto (about ¾ cup)**
2½	**cups shredded cooked chicken**
1	**cup roasted red bell peppers, cut into strips**
¼	**cup finely shredded Parmesan cheese (1 oz.)**
	Coarsely ground black pepper

1. In a large saucepan cook pasta according to package directions, adding broccoli last 2 minutes of cooking. Drain, reserving ½ cup of the pasta cooking water. Return pasta and broccoli to saucepan.

2. In a small bowl combine pesto and reserved pasta cooking water. Add pesto mixture, chicken, and roasted peppers to pasta mixture; stir gently to combine. Cook over medium heat until heated through, stirring occasionally. Stir in Parmesan. If desired, top servings with additional cheese. Sprinkle with black pepper. **Makes 4 servings.**

EACH SERVING *766 cal., 38 g fat (10 g sat. fat), 138 mg chol., 797 mg sodium, 53 g carb., 5 g fiber, 6 g sugars, 53 g pro.*

BROCCOLINI, CHICKEN SAUSAGE, AND ORZO SKILLET

BROCCOLINI, CHICKEN SAUSAGE, AND ORZO SKILLET

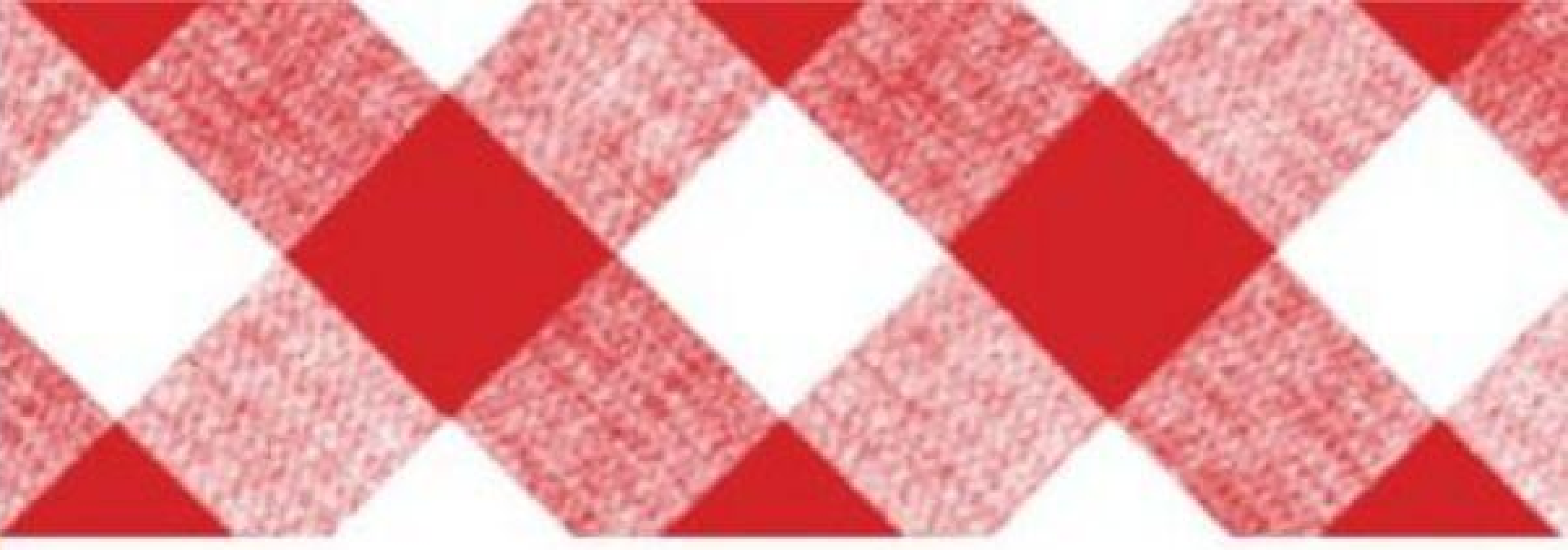
START TO FINISH 30 minutes

- **2 tsp. olive oil**
- **6 oz. cooked chicken sausage, cut into ¼-inch slices**
- **½ cup chopped onion**
- **1 cup dried whole wheat orzo pasta**
- **3 cloves garlic, minced**
- **2½ cups reduced-sodium chicken broth**
- **¼ tsp. salt**
- **¼ tsp. crushed red pepper**
- **1 lb. broccolini, trimmed, or 4 cups broccoli florets**
- **¼ cup shredded Parmesan cheese (1 oz.)**
- **2 tsp. lemon zest**

1. In a 12-inch cast-iron or heavy skillet heat oil over medium-high heat. Add sausage and onion; cook 3 to 4 minutes or until sausage is browned, stirring occasionally. Add orzo and garlic; cook and stir 1 minute.

2. Stir in broth, salt, and crushed red pepper. Bring to boiling. Stir in broccolini; reduce heat. Simmer, covered, 8 to 10 minutes or until orzo is tender. Uncover and continue cooking until broth is absorbed. Stir in cheese and lemon zest. If desired, top with additional cheese and crushed red pepper. **Makes 4 servings.**

EACH SERVING *333 cal., 10 g fat (3 g sat. fat), 46 mg chol., 557 mg sodium, 42 g carb., 10 g fiber, 4 g sugars, 18 g pro.*



CHICKEN WITH APPLE-VEGETABLE SLAW STIR-FRY

START TO FINISH 35 minutes

- **½ cup reduced-sodium chicken broth**
- **2 Tbsp. cider vinegar**
- **1 Tbsp. packed brown sugar**
- **2 tsp. Dijon mustard**
- **2 tsp. cornstarch**
- **1 clove garlic, minced**
- **½ tsp. crushed red pepper**
- **½ tsp. salt**
- **2 Tbsp. vegetable oil**
- **12 oz. skinless, boneless chicken thighs, cut into bite-size pieces**
- **2 cups quartered fresh cremini mushrooms**
- **¼ cup sliced shallots**
- **3 cups coarsely shredded green cabbage**
- **8 oz. fresh asparagus spears, trimmed and cut into 2-inch pieces**
- **1 medium tart apple, cored and thinly sliced**
- **Snipped fresh cilantro**

1. For sauce, in a small bowl stir together the first eight ingredients (through salt).

2. In a wok or 12-inch skillet heat 1 Tbsp. of the oil over medium-high heat. Add chicken; cook and stir 4 to 6 minutes or until meat is no longer pink. Transfer to a bowl. Heat remaining 1 Tbsp. oil in wok. Add mushrooms and shallots; cook and stir 2 to 3 minutes. Add cabbage, asparagus, and apple; cook and stir 3 to 5 minutes more or until vegetables are crisp-tender.

3. Push vegetables to side of wok. Stir sauce; add to center of wok. Cook and stir until thick and bubbly. Return chicken to wok. Cook and stir 1 minute more. Top with cilantro. **Makes 4 servings.**

EACH SERVING *247 cal., 11 g fat (2 g sat. fat), 80 mg chol., 514 mg sodium, 19 g carb., 4 g fiber, 12 g sugars, 20 g pro.*

CHICKEN WITH APPLE-VEGETABLE SLAW STIR-FRY

MAKE THIS QUICK RECIPE EVEN EASIER. LOOK FOR FROZEN RICED CAULIFLOWER WITH PEAS AND CARROTS ALREADY MIXED IN.

CHICKEN CAULIFLOWER FRIED "RICE"

CHICKEN CAULIFLOWER FRIED "RICE"

START TO FINISH 30 minutes

- 2 tsp. olive oil
- 1 lb. skinless, boneless chicken breast, cut into 1-inch pieces
- 1 tsp. grated fresh ginger
- 1 clove garlic, minced
- 1 12-oz. pkg. frozen riced cauliflower
- 1 cup frozen peas and carrots
- 2 eggs, lightly beaten
- 2 Tbsp. reduced-sodium soy sauce
- Sliced green onions (optional)

1. In a 12-inch nonstick skillet heat oil over medium-high heat. Add chicken; cook 3 to 5 minutes or until cooked through, stirring occasionally. Add ginger and garlic; cook and stir 2 minutes more. Remove mixture from skillet.

2. Add frozen riced cauliflower and peas and carrots to skillet. Cook 4 to 5 minutes or just until tender, stirring occasionally. Make a well in center of vegetables; add eggs. Cook 1 minute, then stir gently to scramble. Once eggs are cooked to desired doneness, stir into vegetables. Stir in chicken mixture and soy sauce. If desired, top with green onions. **Makes 4 servings.**

EACH SERVING *226 cal., 8 g fat (2 g sat. fat), 176 mg chol., 387 mg sodium, 7 g carb., 2 g fiber, 3 g sugars, 29 g pro.*

CREAMY SAUSAGE RIGATONI WITH PEAS

HANDS-ON TIME 25 minutes
COOK 15 minutes
STAND 5 minutes

- 1 12- to 14-oz. pkg. smoked chicken or pork sausage links, sliced
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 12 oz. dried rigatoni pasta
- 1 14.5-oz. can reduced-sodium chicken broth
- 1 14.5-oz. can petite diced tomatoes
- 1½ cups water
- 1 tsp. dried Italian seasoning, crushed
- ½ tsp. paprika
- 1 cup frozen peas
- ¾ cup heavy cream
- ¼ cup grated Parmesan cheese
- 2 Tbsp. chopped fresh basil
- Crushed red pepper (optional)

1. In a 4- to 6-qt. pot cook sausage and onion over medium heat until sausage is browned and onion is almost tender, about 8 minutes. Add garlic; cook 2 minutes more.

2. Stir in the next six ingredients (through paprika). Bring to boiling over medium-high heat. Reduce heat. Simmer, covered, 12 to 15 minutes or until pasta is tender, stirring frequently.

3. Stir in peas and cream. Cook and stir over medium-high heat until heated through, about 3 minutes. Remove from heat; stir in Parmesan cheese and basil. Let stand, covered, 5 minutes. Top servings with additional basil, Parmesan, and, if desired, crushed red pepper. **Makes 6 servings.**

EACH SERVING *544 cal., 26 g fat (12 g sat. fat), 76 mg chol., 943 mg sodium, 53 g carb., 4 g fiber, 7 g sugars, 23 g pro.*

CREAMY SAUSAGE
RIGATONI WITH PEAS

TURKEY AND STUFFING SKILLET

HANDS-ON TIME 20 minutes
COOK 20 minutes

4	**Tbsp. butter**
4	**cups small broccoli florets**
1	**cup chopped onion**
1	**cup chopped celery**
2	**Tbsp. snipped fresh parsley**
4	**tsp. snipped fresh sage or ½ tsp. dried sage, crushed**
½	**tsp. black pepper**
1	**to 1½ cups reduced-sodium turkey or chicken broth**
6	**oz. ciabatta or baguette-style bread, cubed and dried**
1	**lb. boneless turkey breast tenderloin, cut into ¼-inch-thick slices**
¼	**cup dried cranberries**

1. In a 12-inch nonstick skillet melt 2 Tbsp. of the butter over medium-high heat. Add broccoli, onion, and celery; cook and stir 5 to 6 minutes or until broccoli is crisp-tender. Stir in parsley, sage, and pepper. Add 1 cup of the broth; bring to boiling.

2. Place bread cubes in a large bowl; drizzle with the hot vegetable mixture. Toss lightly to combine. Cover and keep warm.

3. Place the remaining 2 Tbsp. butter in the skillet. Add turkey; cook 4 to 5 minutes over medium-high heat or until no longer pink, turning once. Remove turkey from skillet. Spread bread mixture evenly in skillet, adding the remaining ½ cup broth if needed to moisten. Top with cooked turkey. Top with cranberries. Cover and heat until heated through. If desired, top with additional parsley. **Makes 4 servings.**

EACH SERVING *399 cal., 13 g fat (8 g sat. fat), 102 mg chol., 392 mg sodium, 37 g carb., 5 g fiber, 10 g sugars, 36 g pro.*

CRUSH IT! FRESH HERBS ARE USUALLY THE BEST CHOICE FOR MAXIMUM FLAVOR, BUT YOU CAN OPTIMIZE THE FLAVOR OF DRIED HERBS BY CRUSHING THEM BETWEEN YOUR FINGERS BEFORE ADDING THEM TO THE POT. CRUSHING DRIED HERBS RELEASES THEIR FLAVOR-PACKED OILS.

NICE RICE
If you cook a lot of rice, consider investing in a rice cooker. You don't need a fancy programmable one. The simplest versions are inexpensive and small enough to easily store. It's a hands-off way to cook rice perfectly every time.

COASTAL CLASSIC. SNAPPER VERACRUZ IS ONE OF THE MOST RECOGNIZABLE MEXICAN FISH DISHES, A SPECIALTY OF THE COASTAL STATE OF VERACRUZ. IT'S AN AMALGAM OF MEXICAN AND SPANISH INFLUENCES, WHICH SHOWS UP IN THE USE OF OLIVES OR CAPERS.

SNAPPER VERACRUZ

START TO FINISH 25 minutes

- 1 **Tbsp. olive oil**
- 1 **small onion, cut into thin wedges**
- 1 **fresh jalapeño, seeded and finely chopped (optional) (tip, *p. 23*)**
- 1 **clove garlic, minced**
- 1 **14.5-oz. can no-salt-added diced tomatoes**
- 1 **cup sliced fresh cremini or button mushrooms**
- ½ **cup pimiento-stuffed green olives, coarsely chopped**
- 1 **Tbsp. snipped fresh oregano or ½ tsp. dried oregano, crushed**
- ⅛ **tsp. black pepper**
- 1½ **to 2 lb. fresh or thawed frozen skinless snapper, mahi mahi, or tilapia fillets, cut into 4 to 8 pieces**
- 8 **toasted baguette slices or 2 cups hot cooked rice**

1. In a 12-inch skillet heat oil over medium. Add onion, jalapeño (if using), and garlic; cook 2 to 3 minutes or until onion is tender, stirring occasionally. Stir in the next five ingredients (through black pepper). Bring to boiling.

2. Rinse fish; pat dry. Carefully add fish to skillet, spooning tomato mixture over fish. Return to boiling; reduce heat. Simmer, covered, 8 to 10 minutes or just until fish begins to flake. If desired, break fish into chunks. Serve with bread or rice. **Makes 4 servings.**

EACH SERVING *354 cal., 9 g fat (2 g sat. fat), 84 mg chol., 418 mg sodium, 30 g carb., 3 g fiber, 4 g sugars, 38 g pro.*

PESTO ORECCHIETTE
WITH SPINACH AND
SMOKED SALMON

PESTO ORECCHIETTE WITH SPINACH AND SMOKED SALMON

HANDS-ON TIME 15 minutes
COOK 20 minutes
STAND 5 minutes

2 Tbsp. olive oil
1 small red onion, thinly sliced (½ cup)
8 oz. dried orecchiette pasta
1 14.5-oz. can reduced-sodium chicken broth
1 cup water
½ tsp. salt
4 cups fresh baby spinach, chopped
4 oz. smoked salmon (not lox-style), flaked
2 to 3 Tbsp. purchased basil pesto
Grated Parmesan cheese (optional)
Lemon wedges

1. In a 3- to 4-qt. pot heat oil over medium-high heat. Add onion; cook 3 to 4 minutes or until softened. Stir in the next four ingredients (through salt). Bring to boiling; reduce heat. Simmer, covered, 20 minutes or until pasta is tender, stirring occasionally.
2. Remove from heat. Stir in spinach, salmon, and pesto. Cover; let stand 5 minutes. If desired, sprinkle with Parmesan. Serve with lemon wedges. **Makes 6 servings.**

EACH SERVING *230 cal., 8 g fat (1 g sat. fat), 5 mg chol., 546 mg sodium, 32 g carb., 3 g fiber, 2 g sugars, 10 g pro.*

CAJUN SHRIMP AND SAUSAGE STIR-FRY

CAJUN SHRIMP AND SAUSAGE STIR-FRY

START TO FINISH 30 minutes

8 oz. fresh or thawed frozen medium shrimp, peeled and deveined
2 Tbsp. canola oil
6 oz. cooked andouille sausage, sliced
3 cloves garlic, minced
1 tsp. salt-free Cajun seasoning
½ tsp. dried thyme leaves, crushed
8 oz. fresh okra, bias-sliced ½ inch thick, or frozen sliced okra, thawed
¾ cup chopped bell pepper, any color
1 small onion, cut into ½-inch wedges
½ cup sliced celery
1 cup halved grape tomatoes
1 to 2 tsp. hot sauce
2 cups hot cooked brown rice
Lemon wedges (optional)
Snipped fresh parsley (optional)

1. Rinse shrimp; pat dry.
2. In a wok or 12-inch skillet heat 1 Tbsp. of the oil over medium-high. Add shrimp and sausage; cook and stir 2 to 3 minutes or until shrimp turn opaque. Remove shrimp and sausage from wok.
3. Heat remaining 1 Tbsp. oil over medium-high. Add garlic, Cajun seasoning, and thyme; cook and stir 30 seconds. Add okra; cook and stir 1 minute. Add bell pepper, onion, and celery; cook and stir 2 to 3 minutes or until crisp-tender. Add tomatoes and hot sauce; cook and stir 1 to 2 minutes or until tomatoes begin to soften. Return shrimp and sausage to wok along with any juices; heat. Serve over rice. If desired, serve with lemon wedges and top with parsley. **Makes 4 servings.**

EACH SERVING *383 cal., 17 g fat (4 g sat. fat), 79 mg chol., 641 mg sodium, 36 g carb., 7 g fiber, 5 g sugars, 24 g pro.*

POWER TRIO. LOUISIANA COOKING—BOTH CAJUN- AND CREOLE-STYLE—RELIES ON THE "HOLY TRINITY" OF GREEN PEPPER, CELERY, AND ONION AS THE ESSENTIAL BASE FLAVOR OF MANY DISHES, INCLUDING JAMBALAYA, GUMBO, AND ÉTOUFFÉE.

SHRIMP AND SAUSAGE JAMBALAYA

HANDS-ON TIME 30 minutes
COOK 20 minutes

12	oz. fresh or frozen large shrimp, peeled and deveined
2	Tbsp. olive oil
1	3-oz. andouille sausage link, sliced
1	cup chopped green bell pepper
1	cup chopped celery
1	cup chopped onion
6	cloves garlic, minced
1	14.5-oz. can no-salt-added diced tomatoes
1	tsp. dried oregano, crushed
1	tsp. smoked paprika
1	tsp. dried thyme, crushed
½	tsp. cracked black pepper
¼	tsp. crushed red pepper
¼	cup dry white wine
2	tsp. butter
2	8.8-oz. pouches cooked whole grain brown rice
	Chopped fresh parsley
	Lemon wedges

1. Thaw shrimp, if frozen. In a deep 10-inch skillet heat oil over medium-high heat. Add sausage; cook 2 to 3 minutes or until browned, turning once. Remove from skillet.

2. Add bell pepper, celery, onion, and garlic to skillet; cook 8 to 10 minutes or until tender and starting to brown, stirring occasionally. Add sausage and next six ingredients (through crushed red pepper) to skillet. Bring to boiling; reduce heat to medium. Simmer, uncovered, 4 minutes. Stir in wine and butter; cook 2 to 3 minutes or until mixture is slightly thickened.

3. Stir in shrimp; cook, covered, 3 minutes or until shrimp is opaque, stirring occasionally.

4. Meanwhile, heat rice according to package directions. Serve shrimp mixture over rice. Sprinkle with parsley and serve with lemon wedges.

Makes 6 servings.

EACH SERVING *304 cal., 11 g fat (2 g sat. fat), 97 mg chol., 267 mg sodium, 33 g carb., 4 g fiber, 4 g sugars, 18 g pro.*

SHRIMP MATH

Shrimp is sized by how many come in a pound. For instance, if there are between 31 and 40 shrimp in a pound, they're considered large. For medium, it's 41-60, and for small shrimp, 71-90. Jumbo shrimp range between 21 and 30 per pound.

SCALLOPS AND SHRIMP SKILLET

SCALLOPS AND SHRIMP SKILLET

START TO FINISH 20 minutes

- **8 oz. fresh or frozen sea scallops**
- **8 oz. fresh or frozen, peeled and deveined cooked shrimp**
- **1 10-oz. pkg. frozen long grain white rice with vegetables (peas, corn, and carrots)**
- **½ to 1 tsp. ground turmeric**
- **1 Tbsp. canola oil**
- **1⅓ cups coarsely chopped plum tomatoes (4 medium)**
- **Salt and black pepper**
- **Chopped fresh flat-leaf parsley (optional)**

1. Thaw scallops and shrimp, if frozen. Cut any large scallops in half. Prepare rice according to microwave package directions. Stir in turmeric.

2. In a 10-inch skillet heat oil over medium heat. Add scallops; cook 3 minutes or until scallops are opaque, turning once. Stir in shrimp and tomatoes; heat through.

3. Add hot rice to skillet; toss gently to combine. Season to taste with salt and pepper. If desired, sprinkle with parsley. **Makes 4 servings.**

EACH SERVING *229 cal., 5 g fat (1 g sat. fat), 129 mg chol., 374 mg sodium, 22 g carb., 2 g fiber, 3 g sugars, 24 g pro.*

SPICY SHRIMP FRIED CAULIFLOWER RICE

CONFETTI HASH AND EGGS

SPICY SHRIMP FRIED CAULIFLOWER RICE

START TO FINISH 30 minutes

8	**oz. fresh or frozen medium shrimp, peeled and deveined**
1	**1¾- to 2-lb. head cauliflower, broken into florets**
1	**tsp. toasted sesame oil**
2	**eggs, lightly beaten**
1	**Tbsp. olive oil**
4	**tsp. grated fresh ginger**
4	**cloves garlic, minced**
2	**cups coarsely chopped napa cabbage**
1	**cup coarsely shredded carrots**
½	**tsp. salt**
½	**tsp. crushed red pepper**
⅓	**cup sliced green onions**
2	**Tbsp. snipped fresh cilantro**
	Lime wedges (optional)

1. Thaw shrimp, if frozen. Rinse shrimp; pat dry. Working in batches, place cauliflower in a food processor; cover and pulse until chopped into rice-size pieces.

2. In a wok or 12-inch skillet heat sesame oil over medium heat. Add eggs; stir gently until set. Remove eggs; cool slightly. Cut the cooked eggs into strips.

3. Add olive oil to wok and heat over medium-high heat. Add ginger and garlic; cook and stir 30 seconds. Add cabbage and carrots; cook and stir about 2 minutes or until vegetables start to soften. Add cauliflower; cook and stir about 4 minutes or until cauliflower starts to soften. Add shrimp, salt, and crushed red pepper; cook and stir about 2 minutes or until shrimp are opaque. Add cooked eggs and green onions; cook and stir until heated. Top with cilantro. Serve with lime wedges. **Makes 4 servings.**

EACH SERVING *181 cal., 8 g fat (2 g sat. fat), 172 mg chol., 434 mg sodium, 14 g carb., 5 g fiber, 5 g sugars, 17 g pro.*

CONFETTI HASH AND EGGS

START TO FINISH 30 minutes

2	**tsp. olive oil**
1	**cup chopped onion**
2	**cups chopped red, orange, green, and/or yellow bell peppers**
1	**cup finely chopped broccoli**
2½	**cups frozen diced hash brown potatoes, thawed**
1	**tsp. chopped fresh thyme**
1	**tsp. Worcestershire sauce**
½	**tsp. salt**
¼	**tsp. black pepper**
	Dash hot sauce
4	**eggs**

1. In a 10-inch cast-iron skillet heat oil over medium. Add onion; cook 2 minutes. Add bell peppers and broccoli; cook about 4 minutes or until vegetables are crisp-tender, stirring occasionally. Stir in next six ingredients (through hot sauce). Cook, covered, about 12 minutes or just until potatoes are tender and golden, stirring occasionally.

2. Using a large spoon, make four indentations in potato mixture. Break eggs, one at a time, into a custard cup and slip each into an indentation. Cook, covered, 4 to 6 minutes more or until whites are set and yolks are desired doneness. **Makes 4 servings.**

EACH SERVING *240 cal., 8 g fat (2 g sat. fat), 186 mg chol., 417 mg sodium, 33 g carb., 4 g fiber, 4 g sugars, 11 g pro.*

SKILLET SCRAMBLE

SKILLET SCRAMBLE

START TO FINISH 25 minutes

8 eggs, lightly beaten
½ cup milk
2 Tbsp. butter
3 cups VEGETABLES SEASONINGS STIR-INS, and/or TOPPERS

1. In a medium bowl combine eggs and milk. In a large skillet melt butter over medium-high heat. Add VEGETABLES and SEASONINGS; cook and stir until vegetables are crisp-tender. Reduce heat to medium. Add egg mixture. Cook, without stirring, until mixture begins to set on bottom and around edges.

2. Using a heatproof spatula or large spoon, lift and fold partially cooked egg mixture so uncooked portion flows underneath the cooked portion. Continue cooking over medium heat 2 to 3 minutes or until egg mixture is cooked through but still glossy and moist. Remove from heat. Sprinkle with STIR-INS and/or TOPPERS; if desired, stir gently to combine. **Makes 4 servings.**

EACH SERVING *254 cal., 14 g fat (3 g sat. fat), 279 mg chol., 415 mg sodium, 20 g carb., 4 g fiber, 5 g sugars, 12 g pro.*

VEGETABLES (PICK ONE OR MORE) Sliced zucchini and/or yellow summer squash; small broccoli florets; chopped red, green, and/or yellow bell pepper; finely chopped jalapeños; thawed frozen corn; thawed frozen edamame; chopped asparagus; canned black beans, cannellini beans, or red beans, rinsed and drained.

SEASONINGS (PICK ONE)

SPICY CAJUN: 1 tsp. Cajun seasoning and ¼ tsp. crushed red pepper.

ITALIAN: 1½ tsp. each snipped fresh oregano and basil or ½ tsp. each dried oregano and basil, crushed; ½ tsp. garlic powder; and ¼ tsp. salt.

GARLIC PEPPER: ½ tsp. each garlic powder and cracked black pepper and ¼ tsp. salt.

MEXICAN: ½ tsp. chili powder and ¼ tsp. each salt and ground cumin.

STIR-INS AND TOPPERS (PICK ONE OR TWO) Grated or shredded cheese; fresh baby arugula or spinach; sliced green onions; snipped fresh herbs; crushed croutons; crushed tortilla chips; crisp-cooked bacon; salsa.

PEPPER AND OLIVE-HERB FRITTATA

START TO FINISH 25 minutes

1 small bell pepper (any color), cut into thin bite-size strips (¾ cup)
½ cup thin wedges red onion
1 Tbsp. olive oil
1½ cups refrigerated or frozen egg product, thawed, or 6 eggs, lightly beaten
⅓ cup chopped pitted assorted olives
¼ cup finely shredded Parmesan cheese
1 Tbsp. chopped fresh oregano or 1 tsp. dried oregano, crushed
½ tsp. Italian seasoning, crushed
¼ tsp. black pepper
Chopped fresh flat-leaf parsley or basil

1. Preheat broiler. In a 10-inch cast-iron skillet cook bell pepper and onion in hot oil over medium heat 5 minutes or until onion is just tender. Reduce heat to medium-low.

2. Meanwhile, in a medium bowl stir together egg product, half of the olives, half of the cheese, the oregano, Italian seasoning, and black pepper. Pour egg mixture over vegetables in skillet. Cook over medium-low heat. As mixture sets, run a spatula around edge of skillet, lifting egg mixture so uncooked portion flows underneath. Continue cooking and lifting edges 3 to 5 minutes or until mixture is almost set.

3. Top with remaining olives and cheese. Broil 4 to 5 inches from heat 1 to 2 minutes or until top is set. Let stand 5 minutes before serving. Cut into four wedges. Top with parsley. **Makes 4 servings.**

EACH SERVING *127 cal., 6 g fat (2 g sat. fat), 4 mg chol., 422 mg sodium, 5 g carb., 1 g fiber, 3 g sugars, 12 g pro.*

PEPPER AND OLIVE-HERB FRITTATA

HOISIN-GLAZED
TOFU AND
GREEN BEANS

TOFU TIPS. FOR THE BEST TEXTURE AND FLAVOR, GO FOR FIRM OR EXTRA-FIRM REGULAR TOFU. AVOID SILKEN TOFU, WHICH BECOMES MUSHY AND IS BEST FOR BLENDING INTO SAUCES. PRESSING DOWN ON THE TOFU WITH PAPER TOWELS DRAWS OUT EXTRA MOISTURE AND HELPS IT FIRM UP EVEN MORE.

HOISIN-GLAZED TOFU AND GREEN BEANS

START TO FINISH 35 minutes

- **1 14- to 16-oz. pkg. extra-firm tofu, drained**
- **3 Tbsp. hoisin sauce**
- **2 Tbsp. reduced-sodium soy sauce or tamari**
- **2 to 3 tsp. grated fresh ginger**
- **¼ tsp. crushed red pepper (optional)**
- **2 Tbsp. vegetable oil**
- **3 cloves garlic, thinly sliced**
- **12 oz. fresh green beans, trimmed and halved crosswise, and/or fresh snow pea pods, trimmed**
- **Hot cooked rice or rice noodles (optional)**
- **Lime wedges (optional)**

1. Cut tofu lengthwise into four 1-inch-thick slices. Lay tofu slices on a double layer of paper towels. Top with another double layer of paper towels. Weigh down with a plate topped with cans to remove excess water from tofu. Let stand 10 minutes. Cut tofu into 1-inch cubes.

2. Meanwhile, in a small bowl stir together ¼ cup water, the hoisin sauce, soy sauce, ginger, and crushed red pepper (if using).

3. In a 4- to 5-qt. pot heat 1 Tbsp. of the oil over medium-high heat. Add tofu. Cook, without stirring, until tofu begins to brown, 4 to 5 minutes. Turn and cook 4 to 5 minutes more, stirring occasionally, until tofu is golden brown on all sides.

4. Transfer tofu to a plate. Add remaining 1 Tbsp. oil to pot. Add garlic; cook 30 seconds. Add beans and/or pea pods; cook 4 minutes or until barely tender, stirring occasionally. Return tofu to pot. Add hoisin mixture; bring just to boiling, stirring to coat. Serve with rice and lime wedges.

Makes 4 servings.

EACH SERVING *236 cal., 14 g fat (1 g sat. fat), 402 mg sodium, 17 g carb., 2 g fiber, 5 g sugars, 14 g pro.*

GINGERED VEGETABLE-TOFU STIR-FRY

START TO FINISH 30 minutes

- **¾ cup water**
- **¼ cup dry sherry, dry white wine, or chicken broth**
- **3 Tbsp. reduced-sodium soy sauce**
- **1 Tbsp. cornstarch**
- **½ tsp. sugar**
- **1 Tbsp. olive oil**
- **2 tsp. grated fresh ginger**
- **1 lb. asparagus, trimmed and cut into 1-inch pieces**
- **1 small yellow summer squash, halved lengthwise and sliced**
- **¼ cup sliced green onions**
- **12 oz. extra-firm tofu, cut into ½-inch cubes and patted dry**
- **½ cup chopped almonds, toasted**
- **2 cups hot cooked brown rice**

GINGERED VEGETABLE-TOFU STIR-FRY

1. For sauce, in a bowl stir together the first five ingredients (through sugar).

2. In a wok or 10-inch skillet heat oil over medium-high heat. Add ginger; cook and stir 15 seconds. Add asparagus, squash, and green onions; cook and stir 4 minutes or until asparagus is crisp-tender. Remove vegetables.

3. If necessary, add additional oil to wok. Add tofu; cook 2 to 3 minutes or until lightly browned, stirring gently. Remove tofu. Stir sauce; add to wok. Cook and stir until thick and bubbly. Return cooked vegetables and tofu to wok. Cook and stir until heated. Stir in almonds. Serve over rice.

Makes 4 servings.

EACH SERVING *336 cal., 14 g fat (2 g sat. fat), 700 mg sodium, 34 g carb., 6 g fiber, 3 g sugars, 16 g pro.*

SWEET-AND-SOUR TOFU

SWEET-AND-SOUR TOFU

START TO FINISH 30 minutes

- **1 12- to 14-oz. pkg. firm tofu, drained and patted dry***
- **1 Tbsp. cornstarch**
- **⅔ cup unsweetened pineapple juice**
- **½ cup ketchup**
- **1 Tbsp. reduced-sodium soy sauce**
- **4 cloves garlic, minced**
- **1 Tbsp. grated fresh ginger**
- **2 Tbsp. vegetable oil**
- **8 oz. fresh snow pea pods, trimmed**
- **1⅓ cups hot cooked brown rice**
- **2 Tbsp. thinly sliced green onion**

1. Cut tofu in half crosswise, then cut into twelve ½-inch-thick slices. Lightly dust both sides of tofu slices with cornstarch. For sauce, in a small bowl stir together pineapple juice, ketchup, soy sauce, garlic, and ginger.
2. In a large wok or 12-inch skillet heat oil over medium-high heat. Add tofu in a single layer. Cook 2 to 4 minutes or until golden, turning once. Remove tofu.
3. Add pea pods to wok; cook and stir 1 to 2 minutes or until crisp-tender. Stir in sauce. Bring to boiling. Return tofu to wok, turning to coat with sauce. Serve tofu mixture over brown rice and sprinkle with green onion.
Makes 4 servings.

***TIP** To give tofu a meatier and chewier texture, drain block of tofu and pat dry. Wrap in foil and place in a freezer bag. Freeze at least 4 hours or until firm. Thaw tofu in refrigerator overnight.

EACH SERVING *275 cal., 12 g fat (1 g sat. fat), 137 mg sodium, 33 g carb., 4 g fiber, 7 g sugars, 11 g pro.*

WHITE BEAN RAGOUT

START TO FINISH 25 minutes

- **2 tsp. olive oil**
- **½ cup chopped onion**
- **3 cloves garlic, minced**
- **⅔ cup sliced zucchini**
- **1 tsp. snipped fresh rosemary**
- **1 15-oz. can reduced-sodium cannellini beans, rinsed and drained**
- **½ cup reduced-sodium chicken or vegetable broth**
- **½ cup chopped roma tomato**
- **2 cups fresh baby spinach**
- **2 Tbsp. finely shredded Asiago cheese**

1. In a 10-inch skillet heat oil over medium-high heat. Add onion and garlic; cook and stir 3 minutes or until onion is tender. Stir in zucchini and rosemary; cook and stir 3 minutes more.
2. Stir in beans, broth, and tomato. Bring to boiling. Stir in spinach just until wilted. Top with cheese.
Makes 2 servings.

EACH SERVING *263 cal., 7 g fat (2 g sat. fat), 6 mg chol., 418 mg sodium, 38 g carb., 11 g fiber, 4 g sugars, 15 g pro.*

WHITE BEAN
RAGOUT

MUSHROOM-FARRO MELANZANE

TOMATO-BASIL CAVATELLI SKILLET

MUSHROOM-FARRO MELANZANE

HANDS-ON TIME 30 minutes
COOK 20 minutes

1	**small eggplant, trimmed and sliced ½ inch thick**
3	**Tbsp. olive oil**
2	**cups sliced fresh cremini mushrooms**
¾	**cup chopped shallots**
4	**cloves garlic, minced**
1	**8-oz. pkg. precooked farro**
1½	**cups tomato puree**
2	**small zucchini, halved lengthwise and thinly sliced**
1	**cup cherry tomatoes, halved**
¼	**cup dry red wine**
2	**Tbsp. snipped fresh oregano**
1½	**cups shredded Italian cheese blend (8 oz.)**
2	**tsp. snipped fresh thyme**
½	**tsp. salt**
¼	**tsp. black pepper**

1. Brush eggplant slices with 2 Tbsp. of the oil. In a 10-inch broilerproof skillet cook eggplant in batches over medium until browned, turning once. Remove from skillet.

2. Add remaining 1 Tbsp. oil to skillet; heat over medium. Add mushrooms, shallots, and garlic; cook 6 minutes or until mushrooms are tender and lightly browned, stirring occasionally. Stir in the next six ingredients (through oregano); stir in ¾ cup of the cheese. Top with eggplant slices, overlapping as needed. Sprinkle with remaining ¾ cup cheese, the thyme, salt, and pepper. Cook, covered, 7 minutes or until heated through and cheese melts.

3. If desired, preheat broiler. Uncover skillet and broil 1 minute or until cheese is bubbly. If desired, sprinkle with additional oregano. **Makes 6 servings.**

EACH SERVING *277 cal., 14 g fat (5 g sat. fat), 20 mg chol., 555 mg sodium, 27 g carb., 5 g fiber, 8 g sugars, 12 g pro.*

TOMATO-BASIL CAVATELLI SKILLET

START TO FINISH 35 minutes

1	**28-oz. can whole peeled tomatoes, undrained and cut up**
12	**oz. dried cavatelli, gemelli, or rotini pasta**
1	**14.5-oz. can reduced-sodium chicken or vegetable broth**
¼	**cup water**
3	**cloves garlic, minced**
1	**tsp. dried Italian seasoning, crushed**
½	**cup fresh basil leaves, coarsely chopped or torn**
2	**Tbsp. olive oil**
½	**tsp. salt**
¼	**to ½ tsp. crushed red pepper**
8	**oz. sliced fresh mozzarella or shredded mozzarella cheese (2 cups)**

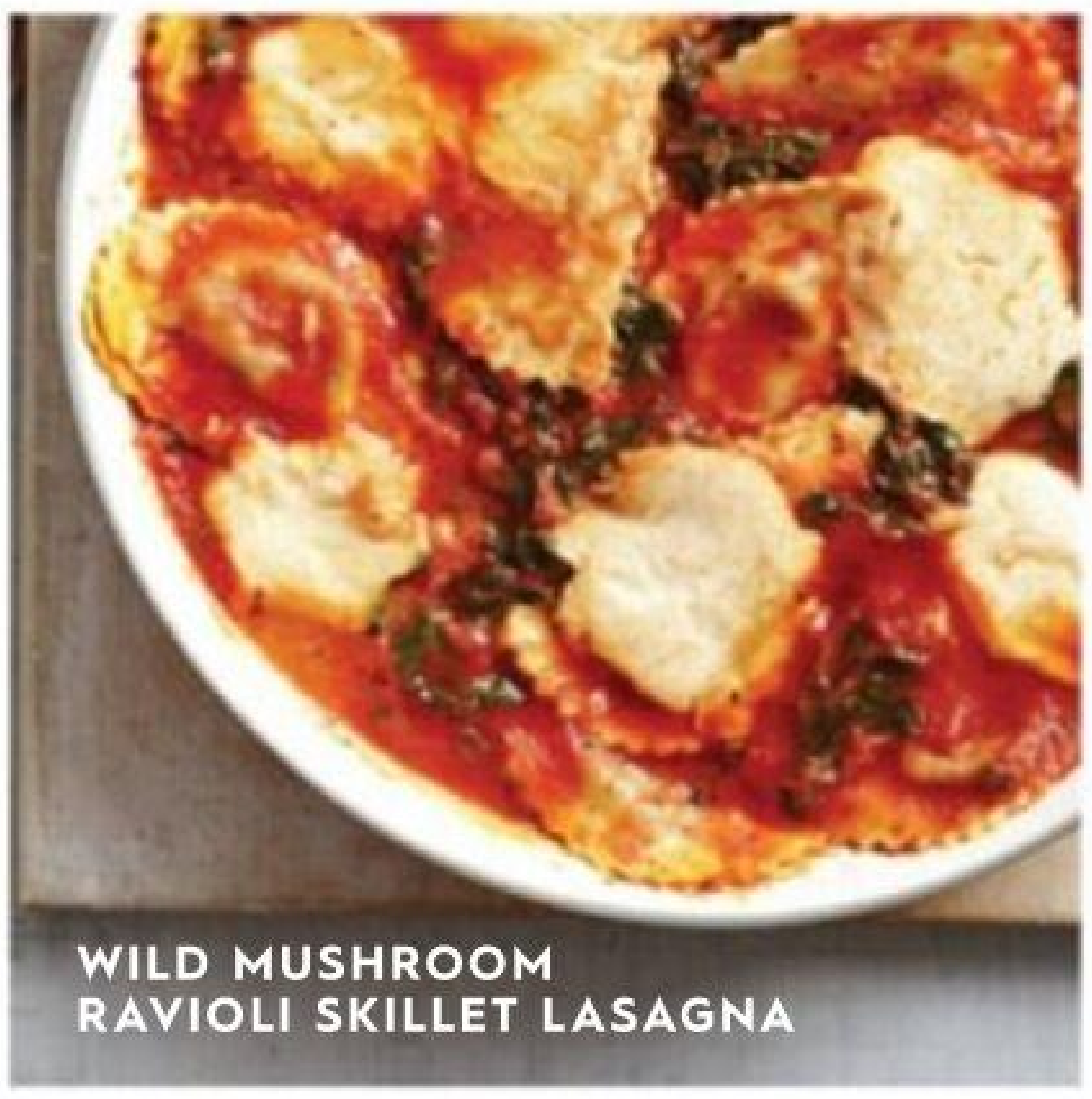
1. In a deep large skillet layer first 10 ingredients (through crushed red pepper) in the order listed. Do not stir.

2. Bring to boiling over medium-high heat; reduce heat. Simmer, covered, 20 minutes or until pasta is tender, stirring occasionally.

3. Top with cheese. Cover and let stand 10 minutes before serving. Sprinkle with additional basil. **Makes 4 servings.**

EACH SERVING *568 cal., 18 g fat (7 g sat. fat), 40 mg chol., 999 mg sodium, 73 g carb., 6 g fiber, 7 g sugars, 24 g pro.*

TOASTING SESAME SEEDS. TO BRING OUT THE NUTTY FLAVOR IN SESAME SEEDS, PLACE THEM IN A SMALL DRY SKILLET OVER MEDIUM HEAT. COOK, STIRRING AND SHAKING THE PAN FREQUENTLY, UNTIL SEEDS ARE GOLDEN BROWN, ABOUT 5 MINUTES.



WILD MUSHROOM RAVIOLI SKILLET LASAGNA

WILD MUSHROOM RAVIOLI SKILLET LASAGNA

START TO FINISH 25 minutes

1	**egg, lightly beaten**
½	**of a 15-oz. carton fat-free ricotta cheese**
2	**Tbsp. grated Romano or Parmesan cheese**
2	**cups reduced-sodium pasta sauce with basil**
2	**8- to 9-oz. pkg. refrigerated wild mushroom-filled ravioli or agnolotti**
2	**cups chopped fresh kale**

1. In a small bowl combine egg, ricotta cheese, and Romano cheese.

2. In a large skillet combine pasta sauce and ¾ cup water. Bring to boiling. Stir in ravioli and kale. Return to boiling; reduce heat. Spoon ricotta mixture into large mounds on top of ravioli mixture.

3. Simmer gently, covered, 10 minutes or until ricotta mixture is set and ravioli is tender but still firm. **Makes 4 servings.**

EACH SERVING *416 cal., 16 g fat (7 g sat. fat), 118 mg chol., 975 mg sodium, 45 g carb., 4 g fiber, 9 g sugars, 26 g pro.*

VEGETARIAN FRIED RICE

HANDS-ON TIME 30 minutes

MARINATE 30 minutes

COOK 20 minutes

8	**oz. extra-firm tofu, cut into ½-inch cubes**
1	**Tbsp. sriracha sauce**
2	**Tbsp. olive oil**
½	**tsp. grated fresh ginger**
1½	**cups frozen edamame**
1	**cup thinly sliced carrots**
1	**lb. fresh asparagus spears, trimmed and cut into 2-inch-long pieces**
1	**cup frozen snow pea pods**
1	**cup refrigerated or frozen egg product, thawed**
2	**tsp. toasted sesame oil**
2	**cups cooked jasmine rice**
1	**8-oz. can sliced water chestnuts, drained, rinsed, and chopped**
2	**Tbsp. reduced-sodium soy sauce**
1	**Tbsp. sesame seeds, toasted**

1. In a bowl combine tofu and sriracha; gently stir to coat. Marinate at room temperature 30 minutes or up to 4 hours in the refrigerator.

2. In a wok or 12-inch skillet heat 2 tsp. of the olive oil over medium-high heat. Add ginger; cook and stir 30 seconds. Add frozen edamame and carrots; cook and stir 3 minutes. Add asparagus and frozen pea pods; cook and stir 5 minutes more or until crisp-tender but still brightly colored. Transfer to a large bowl.

3. Add 2 tsp. of the olive oil to wok. Add tofu; cook and stir 5 to 7 minutes or until crisp, turning to crisp evenly. Transfer to the large bowl.

4. Add 2 tsp. of the olive oil to wok. Pour in egg product. Cook over medium, without stirring, until mixture begins to set on bottom and around edges. Using a spatula, lift edges of cooked egg, allowing uncooked portion to flow underneath. Cook 2 to 3 minutes more or until egg is cooked through but still glossy and moist. Remove from heat. Chop egg into bite-size chunks; transfer to the large bowl.

5. Add sesame oil to the wok; heat over medium-high heat. Add cooked rice. Using the spatula, break up any chunks; cook until coated with oil. Add cooked vegetables, tofu, and egg chunks to wok. Add water chestnuts and soy sauce; stir gently to combine. Top with sesame seeds. **Makes 6 servings.**

EACH SERVING *283 cal., 12 g fat (2 g sat. fat), 19 mg chol., 318 mg sodium, 30 g carb., 4 g fiber, 5 g sugars, 15 g pro.*

VEGETARIAN
FRIED RICE

SPICED COUSCOUS AND VEGETABLE SKILLET

DOUBLE-DECKER SKILLET GARLIC BREADSTICKS

SPICED COUSCOUS AND VEGETABLE SKILLET

START TO FINISH 25 minutes

1	**Tbsp. olive oil**
1¼	**cups chopped portobello mushrooms**
1	**cup chopped green bell pepper**
1	**cup chopped onion**
2	**cloves garlic, minced**
2	**tsp. chili powder**
1	**tsp. ground cumin**
½	**tsp. smoked paprika**
¼	**tsp. salt**
¼	**tsp. black pepper**
1	**14.5-oz. can no-salt-added fire-roasted diced tomatoes**
¾	**cup vegetable broth**
2	**cups chopped Swiss chard leaves**
1	**15-oz. can reduced-sodium cannellini beans, rinsed and drained**
½	**cup dried whole wheat couscous**
⅓	**cup sliced pitted green olives**
¼	**cup chopped toasted almonds**

1. In a 12-inch skillet heat oil over medium. Add next nine ingredients (through black pepper). Cook about 5 minutes or until vegetables are tender, stirring occasionally.

2. Add tomatoes and broth. Bring to boiling. Stir in chard, beans, couscous, and olives. Return to boiling; remove from heat. Let stand, covered, about 5 minutes or until couscous is tender. Serve topped with almonds.

Makes 4 servings.

EACH SERVING *300 cal., 10 g fat (1 g sat. fat), 678 mg sodium, 43 g carb., 10 g fiber, 7 g sugars, 12 g pro.*

DOUBLE-DECKER SKILLET GARLIC BREADSTICKS

HANDS-ON TIME 15 minutes
BAKE 20 minutes at 400°F

	Nonstick cooking spray
	Cornmeal
5	**Tbsp. butter, melted**
2	**cloves garlic, minced**
1	**tsp. dried oregano, crushed**
½	**tsp. black pepper**
1	**13.8-oz. pkg. refrigerated pizza dough**
½	**cup shredded mozzarella cheese (2 oz.)**
¼	**cup grated Parmesan cheese**
2	**Tbsp. snipped fresh parsley**

1. Preheat oven to 400°F. Lightly coat a 10-inch cast-iron or other heavy oven-going skillet with cooking spray. Sprinkle lightly with cornmeal. In a small bowl combine melted butter, garlic, oregano, and pepper.

2. On a lightly floured surface, unroll pizza dough. Brush some of the butter mixture crosswise over half of the dough; sprinkle with mozzarella cheese. Fold uncovered dough half over cheese. Starting from folded edge, cut with a pizza cutter into 1-inch strips. Arrange strips in two layers in prepared skillet. Brush with remaining butter mixture; sprinkle with Parmesan cheese.

3. Bake 20 minutes or until golden. Let stand 5 minutes before serving. Sprinkle with parsley.

Makes 9 servings.

EACH SERVING *199 cal., 9 g fat (5 g sat. fat), 23 mg chol., 444 mg sodium, 23 g carb., 1 g fiber, 3 g sugars, 6 g pro.*

DOUBLE-OLIVE NO-KNEAD FOCACCIA

HANDS-ON TIME 15 minutes
REST 2 hours
RISE 1 hour 30 minutes
BAKE 30 minutes at 400°F
COOL 15 minutes

3¾ cups all-purpose flour
1¾ tsp. salt
½ tsp. active dry yeast
1½ cups warm water
¼ cup chopped pitted Kalamata olives
2 Tbsp. chopped pitted green olives
2 tsp. fresh rosemary and/or thyme leaves
2 cloves garlic, sliced
2 Tbsp. olive oil

1. In a large bowl stir together 2¾ cups of the flour, 1½ tsp. of the salt, and the yeast. Stir in the warm water (dough will be sticky and soft). Cover and let rest 2 hours.
2. Lightly grease a 12-inch cast-iron or other heavy oven-going skillet. Using a fork, stir remaining 1 cup flour into dough; spread slightly in prepared skillet. Cover dough with lightly greased plastic wrap and let rise at room temperature until puffy (1½ to 2 hours).
3. Preheat oven to 400°F. Sprinkle dough with olives, rosemary, and garlic; drizzle with 1 Tbsp. of the oil and sprinkle with remaining ¼ tsp. salt. Cook over medium-high heat 3 minutes. Transfer to oven and bake 30 minutes or until golden. Cool in skillet on a wire rack 15 minutes. Drizzle with remaining 1 Tbsp. oil. Serve warm.
Makes 10 servings.

EACH SERVING *204 cal., 4 g fat (0 g sat. fat), 0 mg chol., 413 mg sodium, 36 g carb., 2 g fiber, 5 g pro.*

DOUBLE-OLIVE NO-KNEAD FOCACCIA

APRICOT-GARLIC-GLAZED DRUMSTICKS WITH POTATOES *Recipe on p. 123*

SHEET PANS & MUFFIN TINS

Start your busy day with a savory egg cup or muffin for an on-the-go breakfast—and end it with a simple sheet-pan supper that can be tossed together in minutes.

MINI MEAT LOAVES, GREEN BEANS, AND POTATOES

MINI MEAT LOAVES, GREEN BEANS, AND POTATOES

HANDS-ON TIME 10 minutes
BAKE 40 minutes at 400°F
STAND 10 minutes

	Nonstick cooking spray
12	**oz. fingerling and/or new potatoes, halved or quartered**
1	**Tbsp. olive oil**
	Salt and black pepper
⅓	**cup barbecue sauce**
¼	**cup fine dry bread crumbs**
¼	**cup finely chopped onion**
1	**tsp. garlic powder**
1	**lb. lean ground beef**
8	**oz. green beans, trimmed**
1	**tsp. olive oil**
¼	**cup barbecue sauce**

1. Preheat oven to 400°F. Line a 15×10-inch baking pan with foil; coat foil with cooking spray. Place potatoes in one half of prepared pan. Drizzle with 1 Tbsp. oil and sprinkle with salt and pepper. Bake 20 minutes, stirring once.
2. Meanwhile, in a large bowl combine next four ingredients (through garlic powder). Add ground beef; mix well. Shape into four 3½×2-inch loaves.
3. In a medium bowl drizzle green beans with 1 tsp. oil and sprinkle with salt and pepper; toss to coat. Place loaves and green beans in pan with potatoes. Bake 20 to 23 minutes more or until loaves are done (160°F) and potatoes and beans are tender.
4. Spoon ¼ cup barbecue sauce over meat loaves; cover and let stand 10 minutes. Serve with potatoes and beans. **Makes 4 servings.**

EACH SERVING *455 cal., 18 g fat (6 g sat. fat), 100 mg chol., 805 mg sodium, 39 g carb., 4 g fiber, 16 g sugars, 34 g pro.*

MUSHROOM AND THYME ROASTED BEEF TENDERLOIN

MUSHROOM AND THYME ROASTED BEEF TENDERLOIN

HANDS-ON TIME 25 minutes
STAND 35 minutes
MARINATE 8 hours
ROAST 1 hour at 425°F

1	**cup mushroom broth**
1	**0.75-oz. pkg. dried porcini mushrooms**
¼	**cup dry red wine**
2	**Tbsp. snipped fresh thyme**
1	**tsp. Dijon mustard**
1½	**tsp. salt**
¾	**tsp. black pepper**
1	**2½- to 3-lb. beef tenderloin roast**
16	**small carrots with 1-inch tops**
8	**to 10 cipollini or pearl onions, peeled (7 oz.)***
8	**oz. fresh button mushrooms, quartered**
1	**Tbsp. olive oil**

1. For marinade, in a small saucepan bring mushroom broth to boiling; remove from heat. Stir in dried mushrooms. Cover and let stand 20 minutes. Pour mixture through a fine-mesh sieve into a bowl. Chop mushrooms; stir into strained broth. Add wine, 1 Tbsp. of the thyme, the mustard, ½ tsp. of the salt, and ¼ tsp. of the pepper to broth mixture.
2. Place meat in a large resealable plastic bag set in a shallow dish. Pour marinade over meat. Seal bag; turn to coat meat. Marinate in the refrigerator 8 to 24 hours, turning bag occasionally.
3. In a large bowl combine carrots, onions, button mushrooms, oil, and the remaining 1 Tbsp. thyme.
4. Preheat oven to 425°F. Line a 15×10-inch pan with foil; place a rack on top. Remove meat from marinade and place on rack. Strain and discard marinade, reserving mushrooms. Spoon mushrooms over meat. Add vegetables; sprinkle with remaining 1 tsp. salt and ½ tsp. pepper.
5. Insert an oven-going meat thermometer into center of meat. Roast 1 to 1¼ hours or until thermometer registers 135°F for medium rare.
6. Transfer meat to a cutting board, reserving pan juices. Cover meat with foil; let stand 15 minutes before slicing (temperature of meat will rise during standing). Serve with roasted vegetables and the reserved juices.
Makes 8 servings.

***TIP** To peel the onions easily, cut an X in the root end of each bulb. Place the onions in boiling water 15 seconds, then transfer to cold water. Remove the peels.

EACH SERVING *311 cal., 12 g fat (3 g sat. fat), 86 mg chol., 469 mg sodium, 18 g carb., 3 g fiber, 7 g sugars, 35 g pro.*

MUSTARD-THYME PORK TENDERLOIN WITH FALL VEGETABLES

MUSTARD-THYME PORK TENDERLOIN WITH FALL VEGETABLES

HANDS-ON TIME 15 minutes
ROAST 25 minutes at 425°F
STAND 5 minutes

1	**lb. pork tenderloin**
1	**tsp. plus 1 Tbsp. olive oil**
1	**Tbsp. yellow mustard**
½	**tsp. dried thyme, crushed**
¾	**tsp. black pepper**
1	**acorn squash, halved and sliced**
3	**medium carrots, sliced**
1	**red onion, cut into ½-inch-thick wedges**
½	**tsp. sea salt**
	Fresh parsley sprigs (optional)

1. Preheat oven to 425°F. Place pork in a 15×10-inch baking pan. (For easy cleanup, line pan with foil.) Lightly brush 1 tsp. of the oil over pork. In a small bowl stir together mustard, thyme, and ¼ tsp. of the pepper; brush over pork.
2. Place squash, carrots, and onion in a bowl. Drizzle with remaining 1 Tbsp. oil and sprinkle with salt and remaining ½ tsp. pepper. Arrange vegetables around pork in pan.
3. Roast 25 to 30 minutes or until pork is done (145°F) and vegetables are tender. Cover pork with foil; let stand 5 minutes. Slice pork and serve with vegetables. If desired, garnish with parsley. **Makes 4 servings.**

EACH SERVING *240 cal., 7 g fat (1 g sat. fat), 74 mg chol., 428 mg sodium, 19 g carb., 4 g fiber, 3 g sugars, 26 g pro.*

ASIAN PORK NACHOS WITH WASABI CREAM

HANDS-ON TIME 25 minutes
BAKE 30 minutes at 425°F

12	**6-inch extra-thin corn tortillas**
	Nonstick cooking spray
6	**oz. shredded cooked pork loin or chicken breast**
1	**Tbsp. reduced-sodium soy sauce**
½	**tsp. Chinese five-spice powder**
2	**Tbsp. light sour cream**
2	**Tbsp. plain fat-free Greek yogurt**
½	**tsp. prepared wasabi paste**
1	**cup shredded reduced-fat cheddar cheese**
2	**cups packaged shredded coleslaw mix**
¼	**cup sliced green onions**

1. Preheat oven to 425°F. Cut each tortilla into six wedges; arrange one-third of the wedges in a 15×10-inch baking pan. Coat with nonstick cooking spray. Bake 8 minutes or until crisp. Repeat twice with remaining tortilla wedges.
2. In a medium bowl combine shredded pork, soy sauce, and five-spice powder. For wasabi cream, in a small bowl combine sour cream, yogurt, 2 tsp. water, and the wasabi paste.
3. Spread tortilla wedges in baking pan. Top with pork mixture and sprinkle with cheese. Bake 5 minutes or until cheese is melted.
4. To serve, top nachos with coleslaw mix, green onions, and wasabi cream. **Makes 4 servings.**

EACH SERVING *325 cal., 13 g fat (6 g sat. fat), 58 mg chol., 425 mg sodium, 29 g carb., 4 g fiber, 4 g sugars, 24 g pro.*

ASIAN PORK NACHOS WITH WASABI CREAM

ROASTED SAUSAGE WITH MUSHROOMS, SQUASH, AND POLENTA

ROASTED SAUSAGE WITH MUSHROOMS, SQUASH, AND POLENTA

HANDS-ON TIME 15 minutes
ROAST 30 minutes at 425°F

1	**16-oz. tube refrigerated cooked polenta, cut into ½-inch slices and halved**
2	**cups sliced fresh cremini mushrooms**
2	**cups cubed, peeled butternut squash**
3	**Tbsp. olive oil**
	Salt and black pepper
1	**lb. uncooked mild Italian sausage links**
1	**tsp. snipped fresh rosemary**

1. Preheat oven to 425°F. In a 15×10-inch baking pan combine polenta, mushrooms, and squash. Drizzle with oil and sprinkle with salt and pepper.
2. Prick each sausage a few times with a fork. Place in pan with vegetables. Sprinkle with rosemary.
3. Roast 30 minutes or until sausages are done (160°F), stirring once. If desired, top with additional rosemary.
Makes 6 servings.

EACH SERVING *403 cal., 31 g fat (9 g sat. fat), 57 mg chol., 850 mg sodium, 18 g carb., 2 g fiber, 2 g sugars, 14 g pro.*

CHICKEN FAJITAS IN A FLASH

CHICKEN FAJITAS IN A FLASH

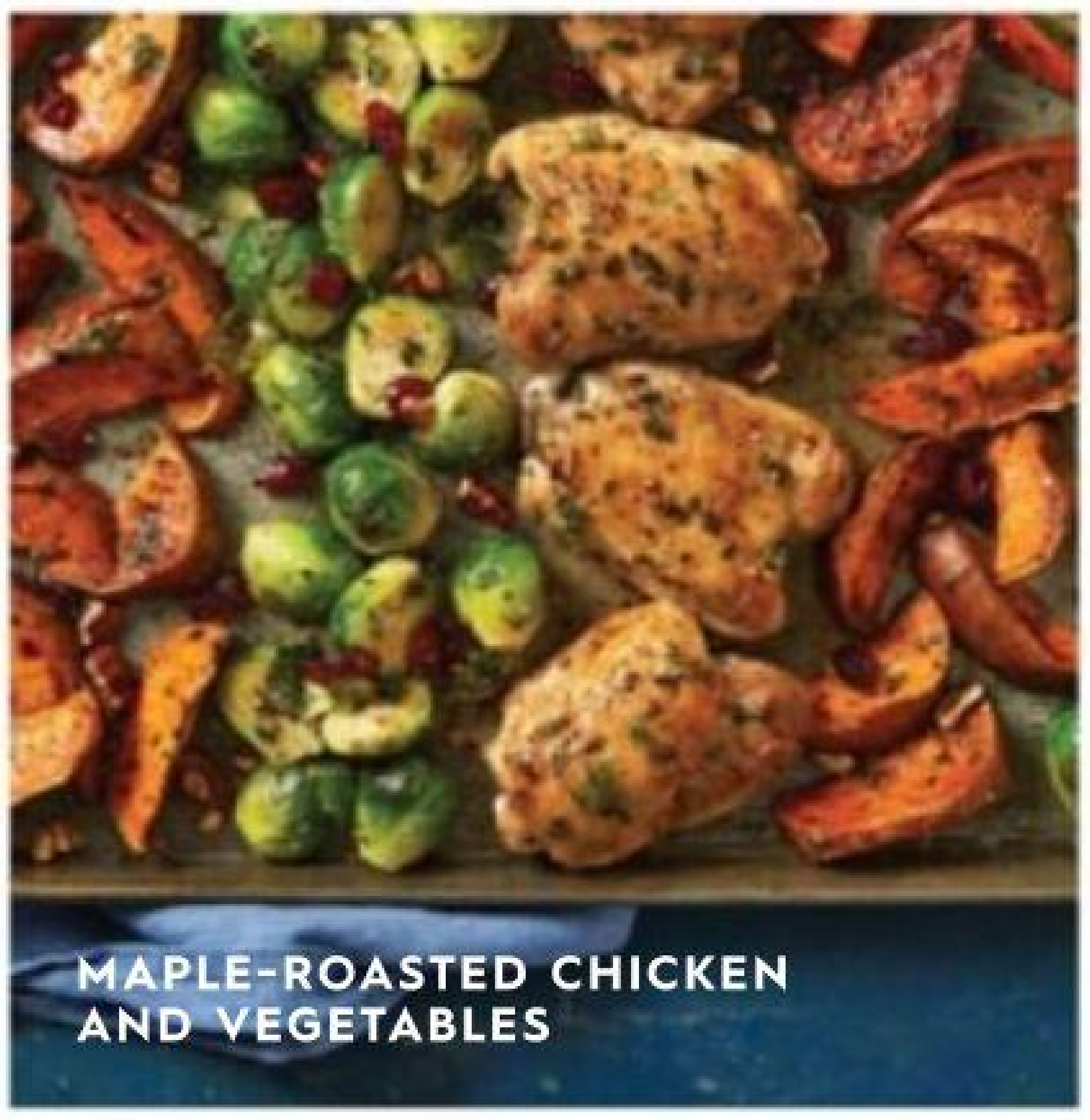
START TO FINISH 35 minutes

¼	**cup olive oil**
3	**Tbsp. lime juice**
3	**Tbsp. Worcestershire sauce**
4	**tsp. chili powder**
4	**cloves garlic, minced**
1	**tsp. sugar**
½	**tsp. salt**
1	**lb. skinless, boneless chicken breast**
4	**cups red, green, yellow, and/or orange pepper strips**
1	**medium onion, thinly sliced**
8	**7- to 8-inch flour tortillas, warmed**
	Desired toppings, such as pico de gallo, chopped avocado, and/or sour cream

1. Preheat broiler. For sauce, in a medium bowl combine first seven ingredients (through salt). Remove ¼ cup of the sauce. Add chicken to remaining sauce, turning to coat.
2. In a 15×10-inch baking pan combine bell peppers and onion. Drizzle with reserved ¼ cup sauce. Top with chicken.
3. Broil 4 to 5 inches from heat 15 to 18 minutes or until chicken is done (165°F) and vegetables are charred, turning chicken once.
4. Slice chicken. Serve chicken and vegetables in tortillas with toppings.
Makes 4 servings.

EACH SERVING *671 cal., 35 g fat (9 g sat. fat), 80 mg chol., 1,039 mg sodium, 57 g carb., 10 g fiber, 11 g sugars, 33 g pro.*

MINGLE MORE. SHEET-PAN COOKING ISN'T JUST CONVENIENT—IT RESULTS IN BETTER-TASTING FOOD. AS EVERYTHING COOKS, THE JUICES FROM THE MEAT AND VEGETABLES MIX AND MINGLE, ADDING ENHANCED FLAVORS TO THE ENTIRE DISH.


MAPLE-ROASTED CHICKEN AND VEGETABLES

MAPLE-ROASTED CHICKEN AND VEGETABLES

HANDS-ON TIME 20 minutes
ROAST 30 minutes at 425°F

- **2 Tbsp. pure maple syrup**
- **4 tsp. olive oil**
- **1 Tbsp. snipped fresh thyme**
- **½ tsp. salt**
- **½ tsp. black pepper**
- **1 lb. sweet potatoes, peeled and cut into 1-inch wedges**
- **1 lb. Brussels sprouts, trimmed and halved**
- **Nonstick cooking spray**
- **4 bone-in chicken thighs (1¼ lb.), skinned**
- **3 Tbsp. chopped pecans, toasted**
- **3 Tbsp. snipped dried cranberries**

1. Preheat oven to 425°F. In a small bowl combine maple syrup, 1 tsp. of the oil, the thyme, ¼ tsp. of the salt, and ¼ tsp. of the pepper. In a large bowl combine sweet potatoes and Brussels sprouts. Drizzle with the remaining 1 Tbsp. oil and sprinkle with the remaining ¼ tsp. salt and ¼ tsp. pepper; toss to coat.

2. Line a 15×10-inch baking pan with foil. Heat the prepared pan in oven 5 minutes. Remove pan from oven and coat with cooking spray. Arrange chicken, meaty sides down, in center of pan. Arrange vegetables around chicken. Roast 15 minutes.

3. Turn chicken and vegetables; brush with maple syrup mixture. Roast 15 minutes more or until chicken is done (at least 175°F) and potatoes are tender. Top with pecans and cranberries. **Makes 4 servings.**

EACH SERVING *436 cal., 14 g fat (3 g sat. fat), 133 mg chol., 491 mg sodium, 45 g carb., 9 g fiber, 18 g sugars, 34 g pro.*

CHICKEN WITH SQUASH AND APPLES

HANDS-ON TIME 25 minutes
ROAST 35 minutes at 450°F

- **2½ to 3 lb. meaty chicken pieces (breast, thighs, and drumsticks)**
- **1 lemon**
- **¼ cup chopped fresh basil**
- **½ tsp. salt**
- **1 to 2 pinches crushed red pepper**
- **3 Tbsp. olive oil**
- **2 small delicata squash, halved lengthwise and cut crosswise into ½-inch slices**
- **2 medium cooking apples, cored and each cut into 8 wedges**
- **1 tsp. fennel seeds, slightly crushed**

1. Preheat oven to 450°F. Line a 15×10-inch baking pan with foil. Pat chicken dry with paper towels and place in prepared pan. Remove 1 tsp. zest from lemon; cut lemon into slices. In a small bowl stir together basil, lemon zest, salt, and crushed red pepper. Rub herb mixture evenly over chicken; drizzle with 2 Tbsp. of the oil. Roast, uncovered, 20 minutes.

2. Add squash, apples, lemon slices, and fennel seeds to pan (or divide mixture between two baking pans if crowded). Drizzle with remaining 1 Tbsp. oil; toss to coat. Roast about 15 minutes more or until chicken is done (170°F for breasts; at least 175°F for thighs and drumsticks). If desired, sprinkle with additional basil and lemon zest. **Makes 4 servings.**

EACH SERVING *502 cal., 27 g fat (6 g sat. fat), 130 mg chol., 426 mg sodium, 23 g carb., 4 g fiber, 10 g sugars, 44 g pro.*

CHICKEN WITH
SQUASH AND APPLES

SAUSAGE AND ROASTED
ROOT VEGGIES

SAUSAGE AND ROASTED ROOT VEGGIES

HANDS-ON TIME 15 minutes
ROAST 25 minutes at 425°F

12 oz. beets, peeled and coarsely chopped
12 oz. sweet potatoes, peeled and coarsely chopped
4 shallots, peeled and quartered
2 Tbsp. canola oil
4 cooked chicken sausage links with apple, scored at 1-inch intervals and halved lengthwise
1 tsp. chopped fresh rosemary
Salt and black pepper
½ cup plain Greek yogurt
1 Tbsp. mayonnaise
1 Tbsp. prepared horseradish
½ tsp. Worcestershire sauce

1. Preheat oven to 425°F. Line a 15×10-inch baking pan with foil. Place beets, sweet potatoes, and shallots in prepared pan. Drizzle with oil; toss to coat. Roast 15 minutes.
2. Stir vegetables and push to one side of pan. Place sausages, cut sides down, in other side of pan. Roast about 10 minutes more or until sausages begin to brown and vegetables are tender. Sprinkle with rosemary, salt, and pepper.
3. Meanwhile, for sauce, in a small bowl stir together remaining ingredients. Serve sausage and vegetables with sauce. **Makes 4 servings.**
EACH SERVING *413 cal., 22 g fat (5 g sat. fat), 88 mg chol., 969 mg sodium, 34 g carb., 6 g fiber, 15 g sugars, 18 g pro.*

SHEET-PAN CHICKEN FAJITAS

SHEET-PAN CHICKEN FAJITAS

HANDS-ON TIME 35 minutes
ROAST 20 minutes at 425°F

1 recipe Fajita Spice Blend (recipe follows)
2 Tbsp. olive oil
8 chicken breast tenderloins (1¼ lb.)
1 medium green bell pepper, sliced
1 medium red bell pepper, sliced
1 medium yellow onion, sliced
Nonstick cooking spray
4 cups chopped fresh kale, stems removed
1 15-oz. can no-salt-added black beans, rinsed and drained
¼ tsp. salt
¼ cup plain low-fat Greek yogurt
1 Tbsp. lime juice

1. Preheat oven to 425°F. Line a 15×10-inch baking pan with foil and place in oven while it preheats.
2. Reserve 1 tsp. of the Fajita Spice Blend. In a large bowl combine remaining spice blend and 1 Tbsp. of the oil. Add chicken, bell peppers, and onion; toss to coat. Carefully remove hot pan from oven and coat with cooking spray. Add chicken mixture. Roast 15 minutes.
3. Meanwhile, in a large bowl combine kale, black beans, salt, and remaining 1 Tbsp. oil; toss to coat.
4. Stir chicken mixture. Top with kale mixture. Roast 5 to 7 minutes more or until chicken is done (165°F) and vegetables are tender.
5. Meanwhile, for topping, in a small bowl combine reserved spice blend, the yogurt, lime juice, and 2 tsp. water. Drizzle over chicken and vegetables. **Makes 4 servings.**
FAJITA SPICE BLEND In a small bowl combine 2 tsp. each chili powder and ground cumin; ½ tsp. each salt, garlic powder, and smoked paprika; and ¼ tsp. black pepper.
EACH SERVING *374 cal., 13 g fat (2 g sat. fat), 105 mg chol., 602 mg sodium, 24 g carb., 8 g fiber, 5 g sugars, 41 g pro.*

CHICKEN ANDOUILLE-STUFFED PEPPERS WITH GREEN BEANS

SKIN A DRUMSTICK. HOLD IT AT THE NARROW END WITH ONE HAND, THEN GRAB THE MEATY END WITH A PAPER TOWEL AND PULL THE SKIN RIGHT OFF.

CHICKEN ANDOUILLE-STUFFED PEPPERS WITH GREEN BEANS

HANDS-ON TIME 15 minutes
ROAST 40 minutes at 425°F

- **2 red and/or yellow bell peppers, halved lengthwise and seeded**
- **1 8.8-oz. pouch cooked brown rice**
- **6 oz. cooked chicken andouille sausage, chopped**
- **½ cup sliced green onions**
- **⅓ cup chopped seeded plum tomato**
- **2 cloves garlic, minced**
- **1 tsp. Cajun seasoning**
- **1 lb. fresh green beans, trimmed**
- **1 Tbsp. olive oil**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **½ cup shredded Colby-Monterey Jack cheese (2 oz.) (optional)**

1. Preheat oven to 425°F. Place peppers, cut sides down, in a 15×10-inch baking pan. Roast 10 minutes.
2. Meanwhile, in a medium bowl stir together next six ingredients (through Cajun seasoning).
3. Turn pepper halves over and arrange in one side of pan. Fill pepper halves with sausage mixture, allowing some filling to spill into pan if necessary. Place green beans on other side of pan. Drizzle beans with oil and sprinkle with salt and black pepper; toss to coat.
4. Cover loosely with foil and roast 25 minutes. Remove foil. If desired, sprinkle peppers with cheese. Roast about 5 minutes more or until cheese is melted. **Makes 4 servings.**

EACH SERVING *300 cal., 13 g fat (4 g sat. fat), 45 mg chol., 575 mg sodium, 33 g carb., 7 g fiber, 8 g sugars, 16 g pro.*

APRICOT-GARLIC-GLAZED DRUMSTICKS WITH POTATOES

Photo on p. 110.

HANDS-ON TIME 25 minutes
ROAST 35 minutes at 425°F

- **1 lb. multicolor fingerling potatoes, halved lengthwise**
- **1 lb. thin green beans, trimmed**
- **1 cup halved and thinly sliced red onion**
- **2 Tbsp. olive oil**
- **¾ tsp. kosher salt**
- **¼ tsp. black pepper**
- **4 large chicken drumsticks (1½ to 2 lb.), skinned**
- **1 orange**
- **3 Tbsp. apricot preserves**
- **1 Tbsp. reduced-sodium soy sauce**
- **3 cloves garlic, minced**

1. Preheat oven to 425°F. In a large bowl microwave potatoes, covered, 2 minutes.
2. In a 15×10-inch baking pan combine potatoes, green beans, and onion. Drizzle with oil and sprinkle with ½ tsp. of the salt and the ¼ tsp. pepper. Nestle chicken into vegetables.
3. For glaze, remove ½ tsp. zest and squeeze 2 Tbsp. juice from orange. In a small bowl combine orange zest and juice, apricot preserves, soy sauce, garlic, remaining ¼ tsp. salt, and a dash of additional pepper. Brush chicken with half of the glaze.
4. Roast 15 minutes. Remove from oven. Stir vegetables; turn chicken and brush with remaining glaze. Roast about 20 minutes more or until chicken is done (at least 175°F) and potatoes are tender. **Makes 4 servings.**

EACH SERVING *328 cal., 10 g fat (2 g sat. fat), 60 mg chol., 432 mg sodium, 41 g carb., 7 g fiber, 14 g sugars, 20 g pro.*

CHICKEN SAUSAGE AND PEPPERS

CHICKEN SAUSAGE AND PEPPERS

HANDS-ON TIME 15 minutes
ROAST 40 minutes at 425°F

Nonstick cooking spray
4 medium red, yellow, orange, and/or green sweet peppers, cut into 1-inch pieces
1 large sweet onion, cut into thin wedges
2 cups grape tomatoes
1 Tbsp. olive oil
1 Tbsp. balsamic vinegar
1 12-oz. pkg. Italian-flavor cooked chicken sausage, bias-sliced into thirds
1 Tbsp. snipped fresh oregano
Toasted baguette slices (optional)

1. Preheat oven to 425°F. Coat a 15×10-inch baking pan with cooking spray. In the prepared pan combine peppers, onion, and tomatoes. Drizzle with oil and vinegar; toss gently to coat. Roast 30 minutes.

2. Push vegetables to one side, exposing about one-fourth of the pan. Place sausage in pan. Roast 10 to 15 minutes more or until vegetables are tender and sausage is heated through. Top with oregano. If desired, serve with toasted baguette slices.

Makes 4 servings.

EACH SERVING *249 cal., 11 g fat (3 g sat. fat), 65 mg chol., 494 mg sodium, 20 g carb., 5 g fiber, 11 g sugars, 18 g pro.*

SPICY OVEN-BAKED FISH AND SWEET POTATO FRIES

HANDS-ON TIME 20 minutes
BAKE 20 minutes at 425°F

1 lb. fresh or frozen whitefish fillets, about ½ inch thick
Nonstick cooking spray
1 lb. sweet potatoes, cut into ¼- to ½-inch sticks
1 Tbsp. olive oil
2½ tsp. chili powder
1 tsp. Old Bay seasoning or seafood seasoning
½ tsp. salt
⅓ cup milk
⅓ cup all-purpose flour
⅓ cup fine dry bread crumbs
1 tsp. paprika
¼ tsp. black pepper
2 Tbsp. butter, melted
Lemon wedges and/or fresh parsley (optional)

1. Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Cut fish into 3×2-inch pieces. Cover and chill.

2. Preheat oven to 425°F. Line a large baking sheet with foil; lightly coat with cooking spray. For fries, pat potatoes dry with paper towels; place in a large bowl. Add oil, ½ tsp. of the chili powder, the Old Bay seasoning, and ¼ tsp. of the salt. Toss to coat. Arrange potatoes in a single layer on one half of the prepared baking sheet. Bake 10 minutes.

3. Meanwhile, for fish, place milk in a shallow dish. Place flour in another shallow dish. In a third shallow dish combine bread crumbs, the remaining 2 tsp. chili powder, the paprika, the remaining ¼ tsp. salt, and the pepper. Stir in melted butter until combined.

4. Dip fish pieces in milk; coat with flour. Dip again in milk, then in bread crumb mixture. Remove baking sheet from oven. Carefully turn potatoes over. Place fish on the other half of the hot baking sheet; return to oven. Bake 10 to 15 minutes more or until potatoes are browned and fish flakes easily. If desired, serve fish with lemon wedges and/or fresh parsley.

Makes 4 servings.

EACH SERVING *384 cal., 13 g fat (5 g sat. fat), 74 mg chol., 575 mg sodium, 40 g carb., 5 g fiber, 7 g sugars, 28 g pro.*

SPICY OVEN-BAKED FISH
AND SWEET POTATO FRIES

ROASTED SALMON WITH
TOMATOES AND CORN

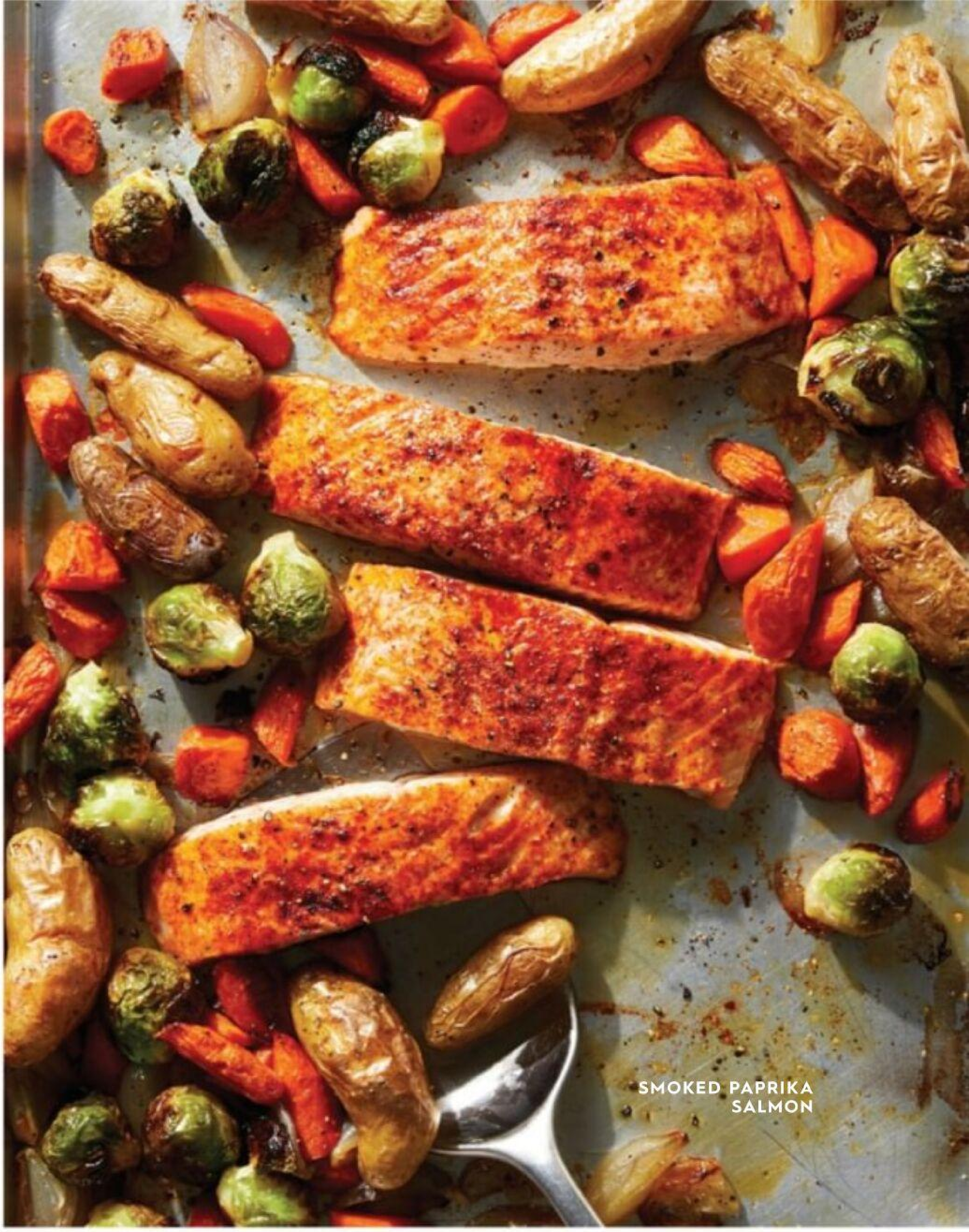
ROASTED SALMON WITH TOMATOES AND CORN

HANDS-ON TIME 25 minutes
ROAST 15 minutes at 400°F

1 1-lb. fresh or frozen salmon fillet, skinned if desired
Nonstick cooking spray
½ tsp. salt
½ tsp. black pepper
2 cups halved grape or cherry tomatoes
2 cups frozen or fresh whole kernel corn
2 tsp. olive oil
1 tsp. chili powder
½ tsp. ground cumin
½ tsp. lime zest
1 Tbsp. lime juice
1 tsp. honey
¼ cup finely chopped red onion
2 Tbsp. snipped fresh cilantro

1. Thaw salmon, if frozen. Rinse fish; pat dry with paper towels. Preheat oven to 400°F. Line a 15×10-inch baking pan with foil; coat foil with cooking spray. Place fish in prepared pan. Sprinkle with ¼ tsp. each of the salt and pepper.
2. In a medium bowl combine tomatoes, corn, oil, chili powder, cumin, and the remaining salt and pepper. Toss to coat. Spread tomato mixture around fish in pan. Roast, uncovered, 15 to 18 minutes or until fish flakes easily.
3. Meanwhile, in a small bowl stir together lime zest, lime juice, and honey.
4. Transfer fish to a platter. Brush fish with honey mixture. Add onion and cilantro to tomatoes in pan, stirring gently to combine. Top fish with tomato mixture and, if desired, additional cilantro. **Makes 4 servings.**

EACH SERVING *285 cal., 11 g fat (2 g sat. fat), 62 mg chol., 360 mg sodium, 24 g carb., 3 g fiber, 6 g sugars, 26 g pro.*



SMOKED PAPRIKA SALMON

SMOKED PAPRIKA SALMON

HANDS-ON TIME 15 minutes
ROAST 45 minutes at 450°F

Nonstick cooking spray
1 lb. fingerling potatoes
2 cups trimmed Brussels sprouts
4 carrots, cut into 1-inch pieces
4 large shallots, cut into wedges
2 Tbsp. olive oil
1 tsp. salt
¾ tsp. black pepper
4 6-oz. fresh salmon fillets
1 tsp. smoked paprika

1. Preheat oven to 450°F. Coat a 15×10-inch baking pan with cooking spray. In a large bowl combine potatoes, Brussels sprouts, carrots, and shallots with oil; toss to coat. Season with ½ tsp. each of the salt and pepper. Spread in one side of baking sheet. Roast 30 minutes, turning once.
2. Season salmon fillets with smoked paprika and remaining ½ tsp. salt and ¼ tsp. pepper. Add to baking sheet. Roast about 15 minutes or until fish flakes easily and vegetables are tender. **Makes 4 servings.**

EACH SERVING *459 cal., 18 g fat (3 g sat. fat), 93 mg chol., 725 mg sodium, 35 g carb., 6 g fiber, 9 g sugars, 38 g pro.*

LEMON-HERB-ROASTED SALMON WITH BROCCOLI AND TOMATOES

LEMON-HERB-ROASTED SALMON WITH BROCCOLI AND TOMATOES

START TO FINISH 35 minutes
ROAST 15 minutes at 400°F

4	**4-oz. fresh or frozen skinless salmon fillets**
2	**Tbsp. olive oil**
1½	**tsp. dried oregano, crushed**
¼	**tsp. salt**
⅛	**tsp. black pepper**
2	**cups grape or cherry tomatoes, halved**
2	**cups broccoli florets**
2	**cloves garlic, minced**
1	**lemon**
2	**Tbsp. snipped fresh basil**
1	**Tbsp. snipped fresh parsley**
1	**Tbsp. honey**

1. Thaw salmon, if frozen. Preheat oven to 400°F. Line a 15×10-inch baking pan with parchment paper. Rinse salmon; pat dry. Place salmon in prepared pan. Drizzle with 1 Tbsp. of the oil and sprinkle with ¾ tsp. of the oregano, the salt, and pepper.

2. In a medium bowl combine tomatoes, broccoli, garlic, and remaining 1 Tbsp. oil and ¾ tsp. oregano. Sprinkle with additional salt and pepper; toss to coat. Place in pan with salmon. Roast 15 to 18 minutes or just until salmon flakes.

3. Meanwhile, remove 1 tsp. zest and squeeze 3 Tbsp. juice from lemon. In a small bowl combine lemon zest and juice and the remaining ingredients. Spoon over salmon and vegetables before serving. **Makes 4 servings.**

EACH SERVING *276 cal., 14 g fat (2 g sat. fat), 62 mg chol., 362 mg sodium, 13 g carb., 3 g fiber, 8 g sugars, 25 g pro.*

ASIAN BARBECUE SHRIMP AND SESAME BOK CHOY

START TO FINISH 25 minutes
ROAST 10 minutes at 425°F

1	**lb. fresh or frozen extra-jumbo shrimp, thawed, peeled, and deveined**
⅓	**cup sweet barbecue sauce**
1	**Tbsp. rice vinegar**
2	**tsp. grated fresh ginger**
1	**tsp. Asian chili paste (sambal oelek)**
4	**heads baby bok choy**
2	**Tbsp. sesame oil**
⅛	**tsp. black pepper**
¼	**of a medium red onion, thinly sliced**
2	**tsp. sesame seeds, toasted**

1. Preheat oven to 425°F. Line a 15×10-inch baking pan with foil. Place shrimp in a medium bowl. In a small bowl combine barbecue sauce, vinegar, ginger, and chili paste. Add half of the sauce to the shrimp. Toss to coat.

2. Cut heads of bok choy lengthwise in half; arrange halves in pan, cut sides up, making one layer of bok choy. Brush bok choy halves evenly with sesame oil; sprinkle with pepper. Add onion to pan around bok choy.

3. Roast, uncovered, 5 minutes. Add shrimp on top of bok choy and onions. Roast 5 minutes more or until bok choy halves are lightly charred and shrimp is opaque. Remove from oven. Drizzle with remaining sauce. Sprinkle with sesame seeds. **Makes 4 servings.**

EACH SERVING *209 cal., 8 g fat (1 g sat. fat), 159 mg chol., 416 mg sodium, 13 g carb., 2 g fiber, 9 g sugars, 22 g pro.*

ASIAN BARBECUE
SHRIMP AND SESAME
BOK CHOY

TOASTING SESAME SEEDS

To toast sesame seeds, place seeds in a small dry skillet over low heat. Cook, shaking the skillet and stirring frequently, until fragrant and golden brown, about 5 minutes.

MINI QUICHES WITH SRIRACHA

HANDS-ON TIME 50 minutes
CHILL 1 hour
BAKE 20 minutes at 375°F
COOL 10 minutes

1	**recipe Mini Quiche Pastry (recipe follows)**
3	**eggs, lightly beaten**
1½	**cups whole milk**
6	**Tbsp. sliced green onions**
¼	**tsp. salt**
¼	**tsp. black pepper**
½	**to ⅔ cup diced cooked ham**
1	**cup shredded Swiss or Fontina cheese (4 oz.)**
	Sriracha sauce

1. Prepare Mini Quiche Pastry. Cover and chill pastry 1 hour or until easy to handle.

2. Preheat oven to 375°F. Divide pastry into 18 portions and shape into balls. Gently press balls onto bottoms and 1 inch up sides of eighteen 2½-inch muffin cups.

3. In a medium bowl combine next five ingredients (through pepper). Spoon mixture into pastry-lined muffin cups, filling each three-fourths full. Sprinkle with ham.

4. Bake about 20 minutes or until a knife comes out clean. Sprinkle with cheese. Cool in muffin cups on wire racks 10 minutes. Carefully remove from muffin cups. Top with sriracha sauce and, if desired, additional green onions. Serve warm. **Makes 18 servings.**

MINI QUICHE PASTRY In a large bowl stir together 2½ cups all-purpose flour and 1 tsp. salt. Using a pastry blender, cut in ½ cup shortening and ¼ cup butter, cut up, or shortening until pea size. Sprinkle 1 Tbsp. ice water over part of the flour mixture; toss gently with a fork. Push moistened pastry to side of bowl. Repeat moistening flour mixture, gradually adding ice water (½ to ⅔ cup total) just until mixture begins to come together. Gather pastry into a ball, kneading gently just until it holds together.

MAKE AHEAD Prepare as directed, except remove mini quiches and cool completely. Place in a single layer in an airtight container. Store in refrigerator up to 24 hours or freeze up to 1 month. To serve, thaw quiches at room temperature 15 minutes, if frozen. Preheat oven to 350°F. Place quiches in a shallow baking pan. Bake 15 to 18 minutes or until heated through. Serve as directed.

EACH SERVING *191 cal., 12 g fat (5 g sat. fat), 78 mg chol., 261 mg sodium, 15 g carb., 1 g fiber, 1 g sugars, 6 g pro.*

BRUNCH BITES. THESE TASTY LITTLE QUICHES MAKE A GREAT GRAB-AND-GO BREAKFAST ANY DAY OF THE WEEK—AND A FUN ADDITION TO A WEEKEND BRUNCH AS ONE OF A VARIETY OF DISHES.

APPLE, CHEDDAR, AND BACON SCUFFINS

WHAT'S A SCUFFIN?

These flaky treats are a cross between a scone and a muffin. Although they take the shape of the muffin cups they're baked in, scuffins are made like scones—by cutting butter into a flour mixture.

APPLE, CHEDDAR, AND BACON SCUFFINS

HANDS-ON TIME 25 minutes
BAKE 20 minutes at 350°F
COOL 5 minutes

Nonstick cooking spray
3 cups all-purpose flour
1 Tbsp. sugar
1 Tbsp. baking powder
¼ tsp. salt
½ cup butter
⅔ cup finely chopped tart red apple, such as Braeburn
½ cup shredded cheddar cheese (2 oz.)
6 slices crisp-cooked bacon, crumbled
1 egg, lightly beaten
1 cup heavy cream or milk
¼ cup shredded cheddar cheese (1 oz.) (optional)

1. Preheat oven to 350°F. Coat twelve 2½-inch muffin cups with cooking spray or line with paper bake cups; coat bake cups with cooking spray.
2. In a large bowl stir together flour, sugar, baking powder, and salt. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Stir in apple, the ½ cup cheese, and the bacon. Make a well in center of flour mixture. In a small bowl combine egg and cream. Add all at once to flour mixture; stir just until moistened.
3. Spoon batter into prepared muffin cups, filling each half full. If desired, sprinkle with the ¼ cup shredded cheese.
4. Bake 20 to 25 minutes or until tops are golden brown. Cool in muffin cups on a wire rack 5 minutes. Remove from muffin cups; serve warm. **Makes 12 servings.**

EACH SERVING *310 cal., 19 g fat (11 g sat. fat), 73 mg chol., 350 mg sodium, 28 g carb., 1 g fiber, 3 g sugars, 7 g pro.*

BREAKFAST HAM AND EGG CUPS

HANDS-ON TIME 20 minutes
BAKE 18 minutes at 350°F
COOL 3 minutes

Nonstick cooking spray
8 thin slices deli-style cooked ham
¼ cup shredded Italian-style cheese blend or mozzarella cheese (1 oz.)
8 eggs
Black pepper
8 tsp. basil pesto (optional)
8 cherry or grape tomatoes, halved

1. Preheat oven to 350°F. Coat eight 2½-inch muffin cups with cooking spray. Gently press ham slices onto bottoms and up sides of prepared muffin cups, ruffling edges. Sprinkle with cheese.
2. Break eggs, one at a time, into a measuring cup and slip into each prepared muffin cup. Sprinkle with pepper. Top with pesto (if desired) and tomatoes.
3. Bake 18 to 20 minutes or until whites are set and yolks are thickened. Cool in muffin cups on a wire rack 3 to 5 minutes. Remove from muffin cups; serve warm. **Makes 8 servings.**

EACH SERVING *145 cal., 10 g fat (3 g sat. fat), 202 mg chol., 413 mg sodium, 2 g carb., 1 g fiber, 1 g sugars, 11 g pro.*

BREAKFAST HAM AND EGG CUPS

MAPLE-BACON CORN MUFFINS

MAPLE-BACON CORN MUFFINS

HANDS-ON TIME 15 minutes
BAKE 20 minutes at 350°F
COOL 5 minutes

Nonstick cooking spray
1 cup yellow cornmeal
¾ cup all-purpose flour
1 Tbsp. baking powder
¾ tsp. salt
2 eggs, lightly beaten
¾ cup maple syrup
¾ cup milk
¼ cup plain low-fat yogurt
3 Tbsp. vegetable oil
10 slices bacon, crisp-cooked and crumbled

1. Preheat oven to 350°F. Line fifteen 2½-inch muffin cups with paper bake cups; lightly coat bake cups with cooking spray.
2. In a medium bowl stir together cornmeal, flour, baking powder, and salt. Make a well in center of cornmeal mixture. In a small bowl combine eggs, maple syrup, milk, yogurt, and oil. Add to cornmeal mixture; stir just until moistened. Fold in eight of the crumbled bacon slices.
3. Spoon batter into prepared muffin cups, filling each two-thirds full. Bake 20 to 25 minutes or until a toothpick comes out clean. Cool in muffin cups on wire racks 5 minutes. Remove from muffin cups. Top with remaining two crumbled bacon slices. Serve warm. If desired, serve with additional maple syrup. **Makes 15 servings.**
MAKE AHEAD Prepare as directed through Step 2. Divide batter among three 1-qt. freezer bags or 1-cup airtight containers. Freeze up to 1 month. To serve, thaw one or more portions of batter in refrigerator overnight. Or thaw one portion at a time in microwave on 30% power (medium-low) 1½ to 2 minutes, breaking up and stirring batter every 30 seconds. Continue as directed in Step 3.
EACH SERVING *172 cal., 6 g fat (1 g sat. fat), 32 mg chol., 326 mg sodium, 24 g carb., 1 g fiber, 12 g sugars, 5 g pro.*

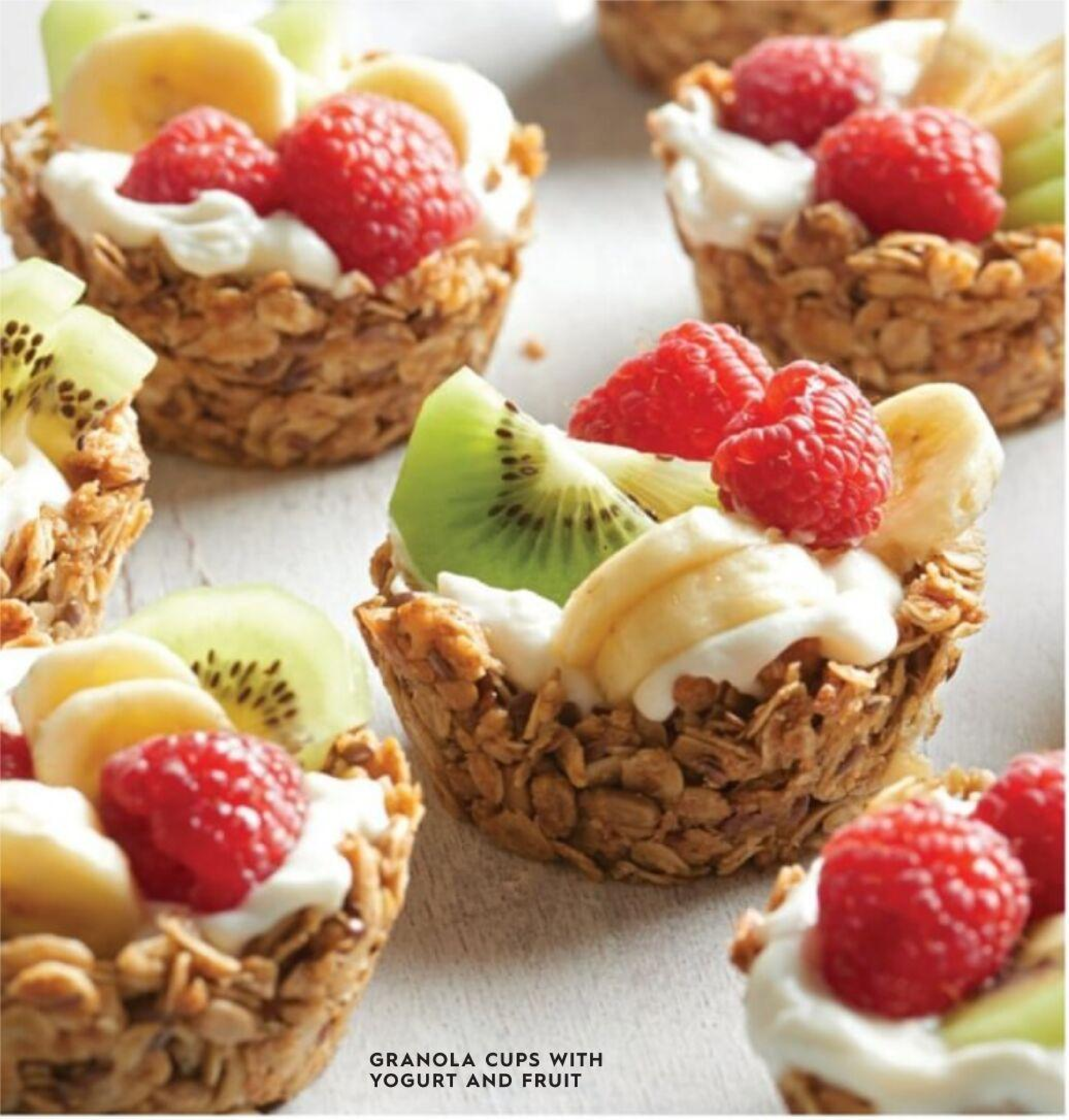
UPSIDE-DOWN WAFFLE AND EGG CUPS

UPSIDE-DOWN WAFFLE AND EGG CUPS

HANDS-ON TIME 15 minutes
BAKE 15 minutes at 375°F
COOL 5 minutes

12 frozen mini waffles, toasted
2 cups shredded cheddar cheese (8 oz.)
1 9- to 10-oz. pkg. frozen cooked breakfast sausage links, thawed and chopped
6 eggs, lightly beaten
3 Tbsp. milk
2 Tbsp. grated Parmesan cheese
½ tsp. black pepper
¼ tsp. salt
Maple syrup

1. Preheat oven to 375°F. Grease twelve 2½-inch muffin cups. Place mini waffles in prepared muffin cups. Sprinkle with 1 cup of the cheddar cheese. Top with sausage and remaining 1 cup cheddar cheese.
2. In a medium bowl combine next five ingredients (through salt). Spoon over filling in muffin cups.
3. Bake 15 to 18 minutes or until set and golden brown. Cool in muffin cups on a wire rack 5 to 10 minutes. Remove from muffin cups. Drizzle with maple syrup before serving. **Makes 12 servings.**
MAKE AHEAD Prepare as directed, except remove egg cups and cool completely. Place in a single layer in an airtight container. Store in refrigerator up to 5 days or freeze up to 3 months. To serve, microwave one egg cup at a time until heated through, allowing 15 to 20 seconds if chilled or 30 seconds if frozen.
EACH SERVING *221 cal., 15 g fat (6 g sat. fat), 131 mg chol., 443 mg sodium, 9 g carb., 5 g sugars, 12 g pro.*



GRANOLA CUPS WITH YOGURT AND FRUIT

GRANOLA CUPS WITH YOGURT AND FRUIT

HANDS-ON TIME 25 minutes
BAKE 15 minutes at 325°F

- **2 cups regular rolled oats**
- **½ cup wheat germ**
- **¼ cup dry-roasted sunflower kernels**
- **¼ cup flaked coconut**
- **2 Tbsp. flaxseeds**
- **¼ cup butter**
- **¼ cup packed dark brown sugar**
- **2 Tbsp. honey or maple syrup**
- **¼ tsp. ground cinnamon**
- **½ tsp. vanilla**
- **1 cup desired low-fat yogurt**
- **1½ cups chopped fresh fruit and/or berries**

1. In a large bowl combine first five ingredients (through flaxseeds). In a small saucepan combine butter, brown sugar, honey, and cinnamon. Cook and stir over medium heat until sugar is dissolved. Remove from heat. Stir in vanilla. Pour butter mixture over oat mixture; stir to coat. Cover and chill until cool.

2. Preheat oven to 325°F. Lightly grease twelve 2½-inch muffin cups. Using moist hands, press oat mixture onto bottoms and up sides of prepared muffin cups. Bake 15 minutes or until edges are light brown. If centers puff during baking, re-press with the back of a small spoon. Cool in muffin cups on a wire rack. Loosen and remove cups.

3. To serve, spoon yogurt into granola cups and top with fruit.

Makes 12 servings.

MAKE AHEAD Prepare as directed through Step 2. Layer granola cups between waxed paper in an airtight container. Store in refrigerator up to 3 days or freeze up to 3 months. To serve, thaw granola cups, if frozen. Fill and serve as directed.

EACH SERVING *188 cal., 8 g fat (3 g sat. fat), 11 mg chol., 51 mg sodium, 26 g carb., 3 g fiber, 13 g sugars, 5 g pro.*

FRUIT, NUT, AND BROWN SUGAR FREEZER OATMEAL CUPS

HANDS-ON TIME 15 minutes
FREEZE 6 hours
STAND 5 minutes
MICROWAVE 2 minutes

- **½ tsp. salt**
- **2 cups regular rolled oats**
- **⅓ cup packed brown sugar**
- **1 Tbsp. butter**
- **1 tsp. ground cinnamon**
- **½ cup dried cranberries or tart cherries, raisins, and/or snipped dried apricots or pitted whole dates**
- **1 cup fresh blueberries, blackberries, raspberries, and/or chopped strawberries**
- **½ cup chopped toasted almonds, walnuts, and/or pecans**
- **Milk (optional)**

1. In a medium saucepan bring 5 cups water and the salt to boiling; stir in oats. Cook 5 minutes, stirring occasionally (mixture will be very thin). Remove from heat. Stir in brown sugar, butter, and cinnamon. Transfer to a bowl; cover and chill until cool (mixture will thicken as it cools). Stir in dried fruit.

2. Grease twelve 2½-inch muffin cups. Spoon about ½ cup of the oatmeal into each prepared muffin cup. Sprinkle with fresh berries and nuts; press lightly. Cover and freeze 6 hours or until firm.

3. Let stand at room temperature 5 minutes. Transfer oatmeal cups to freezer bags or airtight containers. Freeze up to 3 months.

4. To serve, in a small bowl microwave one frozen oatmeal cup at a time, covered, 2 minutes or until heated through, stirring once. Stir before serving. If desired, stir in milk to achieve desired consistency.

Makes 12 servings.

EACH SERVING *132 cal., 4 g fat (1 g sat. fat), 3 mg chol., 110 mg sodium, 22 g carb., 3 g fiber, 11 g sugars, 3 g pro.*

PICK YOUR FRUIT

Fruit options for these make-ahead oatmeal cups include blueberries, blackberries, raspberries, and/or chopped strawberries.

FRUIT, NUT, AND BROWN SUGAR FREEZER OATMEAL CUPS

STOUT-BRAISED BEEF POT ROAST
Recipe on p. 150

SOUPS, STEWS & BRAISES

A big pot of something bubbling away on the stovetop signals that a warming bowl of comfort is on the menu.

BEEF STROGANOFF SOUP

BEEF STROGANOFF SOUP

HANDS-ON TIME 20 minutes
COOK 30 minutes

1	**lb. boneless beef sirloin steak, trimmed and thinly sliced into bite-size strips**
½	**tsp. salt**
¼	**tsp. black pepper**
2	**Tbsp. butter**
3	**cups sliced fresh button mushrooms**
1	**cup chopped onion**
2	**cloves garlic, minced**
5	**cups 50%-less-sodium beef broth**
1	**Tbsp. Worcestershire sauce**
1	**Tbsp. tomato paste**
1½	**cups dried egg noodles**
½	**cup sour cream**
2	**Tbsp. all-purpose flour**
	Snipped fresh Italian parsley (optional)

1. Sprinkle meat with salt and pepper. In a 4-qt. Dutch oven melt butter over medium-high heat. Add meat, half at a time, and cook until browned. Remove from pan.
2. In the same Dutch oven cook mushrooms, onion, and garlic over medium heat 5 to 7 minutes or until onion is tender, stirring occasionally. Add broth, Worcestershire sauce, and tomato paste. Bring to boiling. Stir in noodles; reduce heat. Boil gently, uncovered, 5 to 7 minutes or just until noodles are tender.
3. In a bowl combine sour cream and flour. Gradually stir in about 1 cup of the hot soup broth; return sour cream mixture to soup. Cook and stir until thick and bubbly; cook and stir 1 minute more. Stir in meat; heat though. If desired, top with additional sour cream and parsley. **Makes 6 servings.**

EACH SERVING *248 cal., 11 g fat (6 g sat. fat), 72 mg chol., 565 mg sodium, 15 g carb., 1 g fiber, 4 g sugars, 22 g pro.*

FRENCH ONION SOUP WITH NOODLES

FRENCH ONION SOUP WITH NOODLES

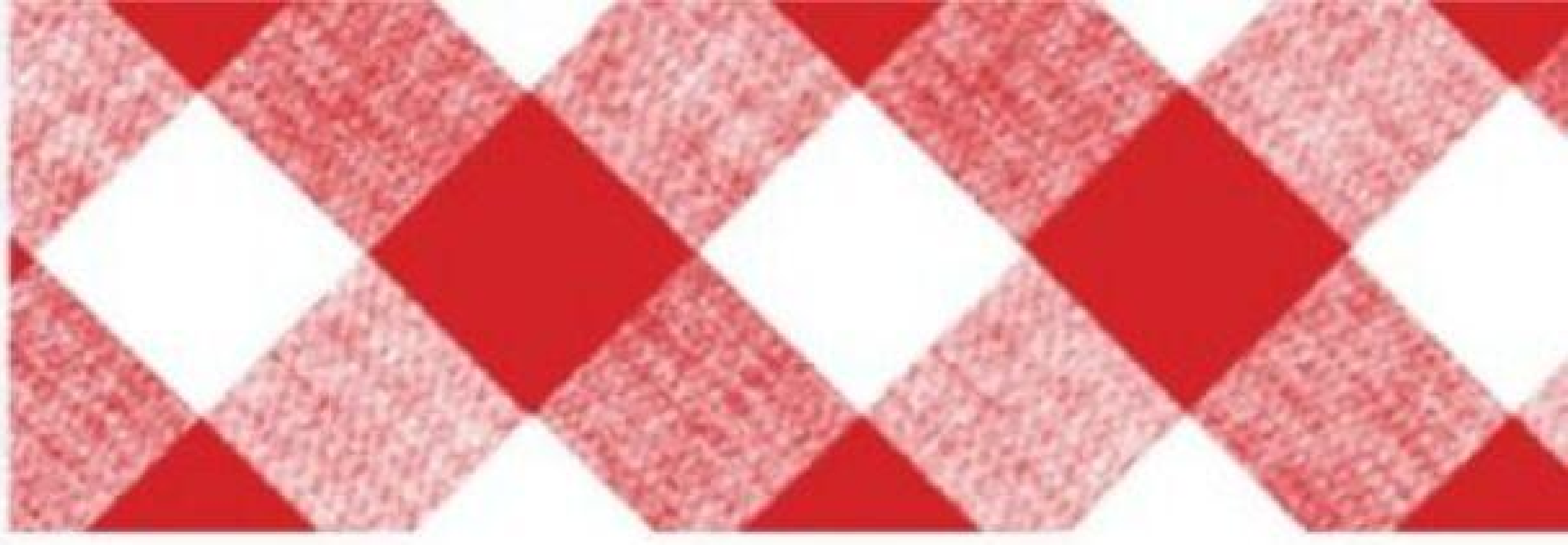
HANDS-ON TIME 30 minutes
COOK 30 minutes

4	**Tbsp. vegetable oil**
2	**cups sliced fresh mushrooms**
3	**cups thinly sliced onions**
10	**oz. boneless beef sirloin steak, trimmed**
	Salt and black pepper
2	**32-oz. cartons reduced-sodium beef broth**
⅓	**cup dry white wine (optional)**
1	**Tbsp. Worcestershire sauce**
¼	**tsp. freshly ground black pepper**
4	**oz. dried extra-wide homestyle egg noodles, broken if long**
6	**slices French bread, toasted (optional)**
¾	**cup shredded Swiss, Gruyère, or Jarlsberg cheese (3 oz.) (optional)**

1. In a 5- to 6-qt. Dutch oven heat 1 Tbsp. of the oil over medium-high heat. Add mushrooms; cook until softened. Reduce heat to medium. Add 1 Tbsp. of the oil and the onions; cook until mushrooms are lightly browned, stirring occasionally. Reduce heat to low. Cover and cook about 10 minutes or until onions are softened and golden, stirring occasionally. Remove from pan.
2. Meanwhile, thinly slice meat into bite-size strips. Sprinkle with salt and pepper. In Dutch oven heat remaining 2 Tbsp. oil over medium-high heat. Add meat; cook and stir until browned. Remove from pan. Add broth, wine (if using), Worcestershire sauce, and freshly ground pepper. Bring to boiling; stir in noodles and mushroom-onion mixture. Cook noodles according to package directions, adding meat the last 3 minutes.
3. Meanwhile, preheat broiler for cheese toasts, if using. Place toasted bread on a baking sheet and sprinkle with cheese. Broil 4 inches from heat about 1 minute or until cheese is melted and lightly browned. Ladle soup into bowls and top with toasts. **Makes 6 servings.**

EACH SERVING *275 cal., 12 g fat (2 g sat. fat), 44 mg chol., 664 mg sodium, 24 g carb., 2 g fiber, 6 g sugars, 18 g pro.*

CREAMY BEEF AND TORTELLINI SOUP



CREAMY BEEF AND TORTELLINI SOUP

START TO FINISH 30 minutes

1 lb. boneless beef sirloin steak, trimmed and cut into thin bite-size strips
½ tsp. salt
½ tsp. black pepper
2 Tbsp. butter
3 cups sliced fresh button mushrooms
1 cup chopped onion
2 cloves garlic, minced
5 cups reduced-sodium beef broth
1 Tbsp. tomato paste
1 Tbsp. Worcestershire sauce
1 9-oz. pkg. refrigerated mushroom-filled tortellini or agnolotti
½ cup sour cream
2 Tbsp. all-purpose flour
Chopped fresh Italian parsley

1. Sprinkle meat with salt and pepper. In a 5- to 6-qt. Dutch oven melt butter over medium-high heat. Add meat, half at a time, and cook and stir 2 minutes or until slightly pink in center. Remove meat.
2. Add mushrooms, onion, and garlic to Dutch oven. Cook over medium heat 5 to 7 minutes or until onion is tender, stirring occasionally. Stir in broth, tomato paste, and Worcestershire sauce. Bring to boiling. Stir in tortellini. Boil gently 3 to 5 minutes or until pasta is tender.
3. In a medium bowl whisk together sour cream and flour. Whisk about 1 cup of the hot broth mixture into sour cream mixture; return to remaining hot broth mixture in Dutch oven. Cook and stir until slightly thickened and bubbly. Cook and stir 1 minute more. Stir in meat; heat through. Top servings with parsley. **Makes 6 servings.**

EACH SERVING *323 cal., 16 g fat (7 g sat. fat), 88 mg chol., 925 mg sodium, 22 g carb., 2 g fiber, 5 g sugars, 24 g pro.*

BOLOGNESE SOUP

HANDS-ON TIME 45 minutes
COOK 1 hour

4 oz. pancetta, chopped
1 cup chopped onion
1 cup chopped carrots
1 cup chopped fennel bulb
3 cloves garlic, minced
2 lb. ground beef and/or pork
2 cups dry white wine
1 28-oz. can whole tomatoes, undrained and cut up
⅛ tsp. ground nutmeg
1 1- to 2-inch piece Parmesan cheese rind
1 14.5-oz. can reduced-sodium chicken broth
1 cup heavy cream
3 oz. dried spaghetti, broken, or other pasta

1. In a 5- to 6-qt. Dutch oven cook and stir pancetta over medium-high heat 5 minutes or just until starting to brown. Reduce heat to medium. Add onion; cook 5 minutes or until tender, stirring occasionally. Add carrots, fennel, and garlic; cook and stir 2 minutes more.
2. Add ground meat to Dutch oven. Sprinkle with ½ tsp. salt and ½ tsp. black pepper. Cook 9 minutes or until meat is browned, breaking up meat as it cooks; drain off fat. Add wine, scraping up any crusty browned bits. Simmer, uncovered, 10 minutes or until wine is reduced slightly.
3. Stir in tomatoes and nutmeg; bring just to simmering. Add cheese rind; simmer 20 minutes, stirring occasionally. Stir in broth and cream. Bring to boiling; stir in spaghetti. Simmer 10 minutes more or until spaghetti is tender. If desired, sprinkle servings with grated Parmesan cheese. **Makes 8 servings.**

EACH SERVING *548 cal., 35 g fat (16 g sat. fat), 122 mg chol., 691 mg sodium, 19 g carb., 3 g fiber, 6 g sugars, 29 g pro.*

BOLOGNESE SOUP

CHEESESTEAK SOUP

CHEESESTEAK SOUP

START TO FINISH 35 minutes

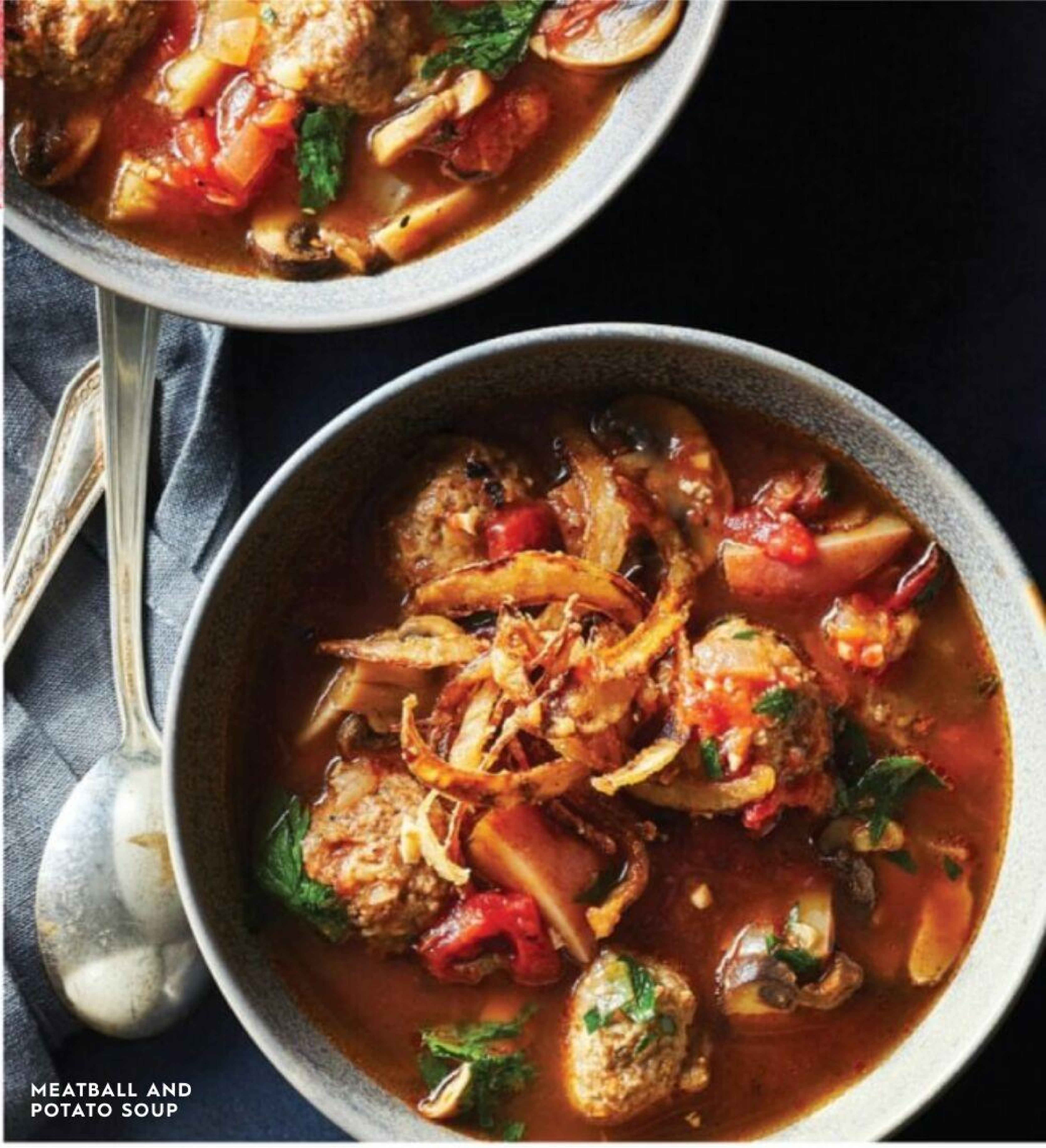
12 oz. beef flank steak, trimmed
2 Tbsp. olive oil
1½ cups chopped green bell pepper
1½ cups chopped onions
4 cloves garlic, sliced
3 Tbsp. all-purpose flour
4 cups reduced-sodium beef broth
3 Tbsp. Worcestershire sauce
1 tsp. salt
¼ tsp. black pepper
4 1-inch slices Italian bread
1 cup shredded provolone cheese (4 oz.)

1. Preheat broiler. Line a baking sheet with foil. Thinly slice meat across the grain into strips. In a 4-qt. Dutch oven heat oil over medium-high heat. Add meat; cook and stir 2 to 3 minutes or until slightly pink in center. Remove with a slotted spoon.

2. Add bell pepper, onions, and garlic to Dutch oven. Cook 4 minutes or until onions are tender, stirring occasionally. Sprinkle with flour; cook and stir 1 minute. Gradually stir in broth, Worcestershire sauce, salt, and black pepper. Cook and stir until thickened and bubbly. Reduce heat to medium-low. Stir in meat.

3. For cheese bread, arrange bread slices on prepared baking sheet. Sprinkle with half of the cheese. Broil 3 inches from heat 1 to 2 minutes or until cheese is melted and edges of bread are golden brown. Serve soup with remaining cheese and cheese bread. **Makes 4 servings.**

EACH SERVING *473 cal., 23 g fat (9 g sat. fat), 78 mg chol., 1,704 mg sodium, 32 g carb., 3 g fiber, 7 g sugars, 34 g pro.*



MEATBALL AND POTATO SOUP

MEATBALL AND POTATO SOUP

HANDS-ON TIME 20 minutes
COOK 30 minutes

8 oz. assorted fresh mushrooms (such as button, cremini, and/or shiitake), sliced
1 cup chopped sweet onion
4 cloves garlic, minced
1 Tbsp. olive oil
6 cups reduced-sodium beef broth
2 14.5-oz. cans fire-roasted diced tomatoes, undrained
1 lb. red potatoes, cut into 1-inch cubes
1 16-oz. pkg. frozen cooked beef meatballs
¼ cup chopped fresh parsley
2 Tbsp. steak sauce
1 recipe Crispy Onions (optional)
Cracked black pepper

1. In a large Dutch oven cook mushrooms, onion, and garlic in hot oil over medium-high heat about 5 minutes or until mushrooms are lightly browned, stirring occasionally. Add broth, tomatoes, and potatoes. Bring to boiling; reduce heat. Simmer, covered, about 30 minutes or until potatoes are tender, adding meatballs the last 10 minutes of cooking.

2. Stir in parsley and steak sauce. If desired, top servings with Crispy Onions. Sprinkle with cracked black pepper. **Makes 8 servings.**

CRISPY ONIONS In a medium saucepan heat ½ cup vegetable oil over medium-high heat. In a small bowl toss 1 cup sweet onion slivers with 2 tsp. all-purpose flour. Cook onion in hot oil in small batches about 1½ minutes or until golden brown and crisp. Drain onion on paper towels.

EACH SERVING *258 cal., 12 g fat (4 g sat. fat), 61 mg chol., 885 mg sodium, 22 g carb., 3 g fiber, 7 g sugars, 16 g pro.*

TENDER MOMENTS. BEEF STEW MEAT IS USUALLY CUT FROM TOUGH LARGER CUTS WITH LOTS OF CONNECTIVE TISSUE, SUCH AS CHUCK OR ROUND. COOKING IT IN MOIST CONDITIONS FOR A LONG TIME—SUCH AS THE 2 HOURS FOR BEEF STEW—RENDERS IT BUTTER-KNIFE TENDER.

BEEF OVEN STEW

BEEF OVEN STEW

HANDS-ON TIME 15 minutes
BAKE 2 hours at 325°F

- 4 **medium red-skin potatoes, cut into 1-inch pieces**
- 4 **medium carrots, cut into 1-inch pieces**
- 1 **cup coarsely chopped onion**
- ½ **cup sliced celery**
- ½ **cup water or beef broth**
- 2 **Tbsp. quick-cooking tapioca**
- 1 **lb. beef stew meat, trimmed and cut into 1-inch pieces**
- 2 **14.5-oz. cans no-salt-added diced tomatoes, undrained**
- 1 **Tbsp. sugar**
- 1 **Tbsp. dried Italian seasoning, crushed (optional)**
- ½ **tsp. salt**
- ½ **tsp. black pepper**

1. Preheat oven to 325°F. In a 3-qt. rectangular baking dish combine the first five ingredients (through water). Sprinkle vegetables with tapioca. Add meat. In a medium bowl combine the remaining ingredients; pour over meat.
2. Bake, covered, 2 hours or until meat is tender. Stir before serving.
Makes 6 servings.
EACH SERVING *254 cal., 4 g fat (1 g sat. fat), 48 mg chol., 366 mg sodium, 37 g carb., 6 g fiber, 11 g sugars, 21 g pro.*

BEEF GOULASH

HANDS-ON TIME 25 minutes
COOK 15 minutes

- 8 **oz. boneless beef top sirloin steak, trimmed**
- **Salt and black pepper**
- 1 **tsp. olive oil**
- ¾ **cup thinly sliced carrots**
- ½ **cup chopped onion**
- 2 **cloves garlic, minced**
- 1 **14.5-oz. can beef broth**
- 1 **14.5-oz. can diced tomatoes, undrained**
- 1½ **cups water**
- 1 **tsp. unsweetened cocoa powder**
- 4 **cups dried wide noodles (6 oz.)**
- 1½ **cups thinly sliced cabbage**
- 2 **tsp. paprika**
- ¼ **cup light sour cream**
- **Snipped fresh parsley (optional)**

1. Sprinkle meat with salt and pepper. Cut meat into ½-inch cubes. In a 3- to 4-qt. pot heat oil over medium-high heat. Add meat; cook and stir about 6 minutes or until browned. Add carrots, onion, and garlic; cook and stir 3 minutes more or until onion softens.
2. Stir in the next four ingredients (through cocoa powder). Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes.
3. Stir in noodles, cabbage, and paprika. Simmer, uncovered, 5 to 7 minutes more or until noodles are tender but still firm, stirring occasionally. Remove from heat. Top servings with sour cream and, if desired, parsley and additional paprika. **Makes 4 servings.**
EACH SERVING *321 cal., 7 g fat (2 g sat. fat), 74 mg chol., 694 mg sodium, 43 g carb., 5 g fiber, 7 g sugars, 22 g pro.*

BEEF GOULASH

ACHIOTE BEEF STEW

ACHIOTE BEEF STEW

HANDS-ON TIME 40 minutes
COOK 2 hours

- 1 **Tbsp. Achiote Seasoning (recipe follows)**
- 1 **lb. boneless beef short ribs, cut into 2-inch pieces**
- 1 **Tbsp. olive oil**
- ½ **cup chopped onion**
- 2 **cloves garlic, minced**
- ¼ **cup dry sherry (optional)**
- 1 **32-oz. carton beef broth**
- 2 **cups shredded cabbage**
- 2 **medium carrots, cut into ½-inch-thick slices**
- 2 **medium red potatoes, cut into bite-size pieces**
- 1 **serrano pepper, seeded and finely chopped (tip, *p. 23*)**
- 1 **14.5-oz. can diced tomatoes, undrained**
- 1 **Tbsp. chopped fresh cilantro**
- 2 **Tbsp. pimiento-stuffed green olives, sliced**
- **Lime wedges**

1. Sprinkle Achiote Seasoning evenly over short ribs; rub in with your fingers. In a 4- to 5-qt. Dutch oven brown short ribs, half at a time, in hot oil over medium-high heat. Transfer short ribs to a plate. Add onion and garlic to drippings in Dutch oven; cook and stir about 5 minutes or until tender.
2. If using sherry, remove pan from heat. Carefully add sherry. Return to heat. Cook and stir until liquid is nearly evaporated. (If not using sherry, continue to Step 3.)
3. Return meat and any juices to Dutch oven. Add broth. Bring to boiling; reduce heat. Simmer, covered, 2 hours.
4. Add cabbage, carrots, potatoes, and serrano pepper to Dutch oven. Return to boiling; reduce heat. Simmer, covered, about 30 minutes or until vegetables and short ribs are tender. Skim off excess fat.
5. Stir tomatoes and cilantro into Dutch oven. Heat through. Serve with olives and lime wedges. **Makes 8 servings.**

ACHIOTE SEASONING In a small bowl combine 3 Tbsp. ground annatto; 1 tsp. black pepper; 1 tsp. dried Mexican oregano or oregano, crushed; ½ tsp. ground cumin; ½ tsp. salt; ¼ tsp. ground allspice; and ¼ tsp. ground cinnamon. Store in an airtight container in a cool place up to 3 months.

EACH SERVING *214 cal., 13 g fat (5 g sat. fat), 43 mg chol., 685 mg sodium, 13 g carb., 3 g fiber, 4 g sugars, 13 g pro.*

NO-PREP BRUNSWICK STEW

NO-PREP BRUNSWICK STEW

HANDS-ON TIME 15 minutes
COOK 15 minutes

- 4 **cups water**
- 1 **28-oz. can fire-roasted crushed tomatoes**
- 2 **cups frozen diced hash brown potatoes with onions and peppers**
- 2 **cups frozen whole kernel corn and/or lima beans**
- 1 **15-oz. pkg. refrigerated cooked beef roast au jus, broken into chunks**
- ½ **of a 16-oz. pkg. refrigerated cooked shredded pork with barbecue sauce**
- 1 **Tbsp. Worcestershire sauce**
- **Corn-bread mini muffins (optional)**

1. In a 4-qt. Dutch oven combine first seven ingredients (through Worcestershire sauce). Bring just to boiling; reduce heat. Simmer 15 to 20 minutes or until potatoes are tender, stirring occasionally. If desired, serve with corn-bread mini muffins. **Makes 6 servings.**

EACH SERVING *269 cal., 6 g fat (3 g sat. fat), 46 mg chol., 922 mg sodium, 38 g carb., 4 g fiber, 21 g pro.*

LOVELY LEMONGRASS. LEMONGRASS CAN BE FOUND NEAR THE FRESH HERBS AT MANY GROCERY STORES OR ASIAN SUPERMARKETS. TO PREPARE IT, REMOVE THE ROOT END AND ANY DRIED OUTER LAYERS. CHOP THE TENDER PORTIONS AS FINELY AS POSSIBLE TO AVOID STRINGY, FIBROUS PIECES.

STOUT-BRAISED BEEF POT ROAST

Photo on p. 138.

HANDS-ON TIME 20 minutes
BAKE 3 hours at 325°F

- 1 **2- to 2½-lb. boneless beef chuck shoulder pot roast**
- 2 **tsp. onion powder**
- 1 **tsp. kosher salt**
- 1 **Tbsp. olive oil**
- 1 **cup 50%-less-sodium beef broth**
- 2 **Tbsp. all-purpose flour**
- 1 **12-oz. bottle dark beer**
- 2 **Tbsp. minced garlic**
- 1 **Tbsp. Worcestershire sauce**
- 3 **Tbsp. tomato paste**
- 8 **carrots, halved lengthwise and cut into 3-inch chunks**
- 1 **8-oz. pkg. whole button mushrooms, halved if large**
- 2 **medium fennel bulbs, cored and cut into wedges**
- 2 **cups frozen pearl onions**
- **Artisan-style rye bread**
- **Fennel fronds (optional)**

1. Preheat oven to 325°F. Trim fat from meat. Sprinkle meat with onion powder, salt, and 1 tsp. black pepper.

2. In an ovenproof 6- to 8-qt. Dutch oven heat oil over medium-high heat. Brown meat on all sides. Remove meat from Dutch oven.

3. In a small bowl whisk together broth and flour until combined. Pour mixture into Dutch oven. Gradually whisk in beer, garlic, and Worcestershire sauce until smooth, stirring to scrape up any browned bits. Add tomato paste; whisk until smooth. Return meat to Dutch oven. Bring to boiling; cover.

4. Place Dutch oven in oven. Bake 1 hour. Turn roast over and add carrots, mushrooms, fennel, and onions. Bake, covered, 2 hours more or until the meat is fork-tender and vegetables are tender. Transfer meat and vegetables to a platter; break meat into chunks. Bring sauce to a gentle boil over medium-high heat; reduce heat. Simmer sauce, uncovered, 10 minutes. Skim off excess fat. Serve with meat, vegetables, and rye bread. If desired, garnish with fennel fronds.

Makes 8 servings.

EACH SERVING *306 cal., 8 g fat (3 g sat. fat), 64 mg chol., 534 mg sodium, 33 g carb., 5 g fiber, 8 g sugars, 25 g pro.*

COCONUT-CURRY SHORT RIBS

HANDS-ON TIME 30 minutes
BAKE 2 hours at 325°F

- ½ **tsp. salt**
- 3 **lb. bone-in beef short ribs, cut into 2- to 3-rib portions***
- 1 **Tbsp. coconut oil or vegetable oil**
- 1 **shallot, finely chopped**
- 1 **Tbsp. grated fresh ginger**
- 2 **tsp. minced fresh lemongrass**
- 2 **cloves garlic, minced**
- 3 **Tbsp. Thai red curry paste**
- 1 **Tbsp. packed brown sugar**
- 1 **14-oz. can unsweetened coconut milk**
- 1 **Tbsp. fish sauce**
- 4 **heads baby bok choy, halved lengthwise**
- **Mint leaves**
- **Lime wedges**

1. Sprinkle salt over ribs. Preheat oven to 325°F. In a 5- to 6-qt. Dutch oven heat oil over medium-high heat. Cook ribs in batches 6 to 10 minutes or until deeply browned on all sides. Transfer to a plate with juices.

2. Reduce heat to medium. Add the next four ingredients (through garlic); cook 1 minute. Stir in curry paste and brown sugar; cook 1 minute. Stir in coconut milk and fish sauce; bring to simmering. Return ribs and juices to pot, meaty sides down. Cover; bake 2 to 2½ hours or until meat is fork-tender.

3. Transfer meat to a platter; cover with foil to keep warm. Skim fat from liquid; bring to simmering over medium-high heat. Add bok choy; simmer 2 to 3 minutes or until just tender, turning once. Transfer bok choy to platter with meat. Pour cooking liquid over meat. Serve with mint and lime wedges.

Makes 4 servings.

EACH SERVING *808 cal., 52 g fat (27 g sat. fat), 242 mg chol., 1,459 mg sodium, 12 g carb., 3 g fiber, 6 g sugars, 70 g pro.*

***TIP** Single-rib portions will work fine, but we like the two- to three-rib portions for their pretty presentation; ask your butcher to cut them for you.

COCONUT-CURRY
SHORT RIBS

BARBACOA BEEF TACOS

HANDS-ON TIME 45 minutes
BAKE 2 hours 30 minutes at 325°F

1	**cup reduced-sodium beef broth**
½	**of a 6-oz. can no-salt-added tomato paste (6 Tbsp.)**
¼	**cup cider vinegar**
1	**medium canned chipotle pepper in adobo sauce plus 1 Tbsp. adobo sauce**
4	**cloves garlic, minced**
2	**tsp. ground cumin**
1	**tsp. dried oregano, crushed**
¼	**tsp. salt**
	Nonstick cooking spray
1	**2¼- to 2½-lb. boneless beef chuck arm roast, trimmed and cut into 2-inch chunks**
1	**large onion, halved and thinly sliced**
1	**medium red bell pepper, chopped**
1	**recipe Quick-Pickled Red Onion (recipe, *opposite*)**
16	**6-inch corn tortillas, warmed**
4	**cups shredded lettuce**
½	**cup light sour cream**
1	**cup fresh salsa**
½	**cup chopped fresh cilantro**

1. Preheat oven to 325°F. For sauce, in a blender combine first eight ingredients (through salt). Cover and blend until smooth.

2. Coat a 3½- to 4-qt. Dutch oven with cooking spray; heat over medium heat. Cook beef, half at a time, until browned, stirring occasionally. Return all beef to Dutch oven. Add onion and bell pepper. Pour sauce over beef and vegetables. Bring to boiling; cover and place in oven. Bake about 2½ hours or until beef is very tender.

3. Remove beef from Dutch oven, reserving cooking liquid. Shred beef using two forks; discard fat. Skim fat from cooking liquid. Bring cooking liquid to boiling; reduce heat. Simmer, uncovered, about 5 minutes or until liquid is reduced by half. Return beef to Dutch oven; toss to coat.

4. Meanwhile, prepare Quick-Pickled Red Onion. Drain onion before serving. Fill tortillas with beef, pickled onion, and remaining ingredients.

Makes 8 servings.

EACH SERVING *347 cal., 9 g fat (3 g sat. fat), 87 mg chol., 432 mg sodium, 34 g carb., 6 g fiber, 8 g sugars, 33 g pro.*

QUICK PICKLED RED ONION

In a bowl combine 1½ cups slivered red onion, ½ cup lime juice, and ¼ tsp. salt. Press down with a fork. Cover and chill at least 2 hours or up to 3 days. Drain before serving.

PORK-EDAMAME
HOT POT WITH
RED MISO

PORK-EDAMAME HOT POT WITH RED MISO

START TO FINISH 35 minutes

4 tsp. canola oil
12 oz. boneless pork loin roast, trimmed and cut into 1-inch cubes
¾ cup chopped red bell pepper
½ cup chopped onion
1 Tbsp. grated fresh ginger
2 cloves garlic, minced
¼ tsp. black pepper
¼ cup red miso paste
1 10- to 12-oz. pkg. frozen shelled edamame
4 cups thinly sliced savoy cabbage
2 to 3 medium radishes, very thinly sliced

1. In a 4-qt. pot heat 2 tsp. of the oil over medium-high heat. Add pork; cook until browned, stirring occasionally. Remove pork. Drain off fat.
2. In the same pot cook bell pepper and onion in the remaining 2 tsp. oil over medium 5 minutes, stirring occasionally. Add ginger, garlic, and black pepper; cook and stir 30 seconds more. Add 7 cups water. In a bowl gradually whisk 1 cup water into the miso paste. Add to pot and bring to boiling.
3. Add edamame and the pork. Return to boiling; reduce heat. Simmer, covered, 3 minutes. Stir in cabbage. Cook 2 minutes more, stirring occasionally. Top servings with radish slices. **Makes 6 servings.**

EACH SERVING *216 cal., 9 g fat (1 g sat. fat), 39 mg chol., 486 mg sodium, 14 g carb., 5 g fiber, 6 g sugars, 20 g pro.*

PORK AND WILD RICE SOUP

PORK AND WILD RICE SOUP

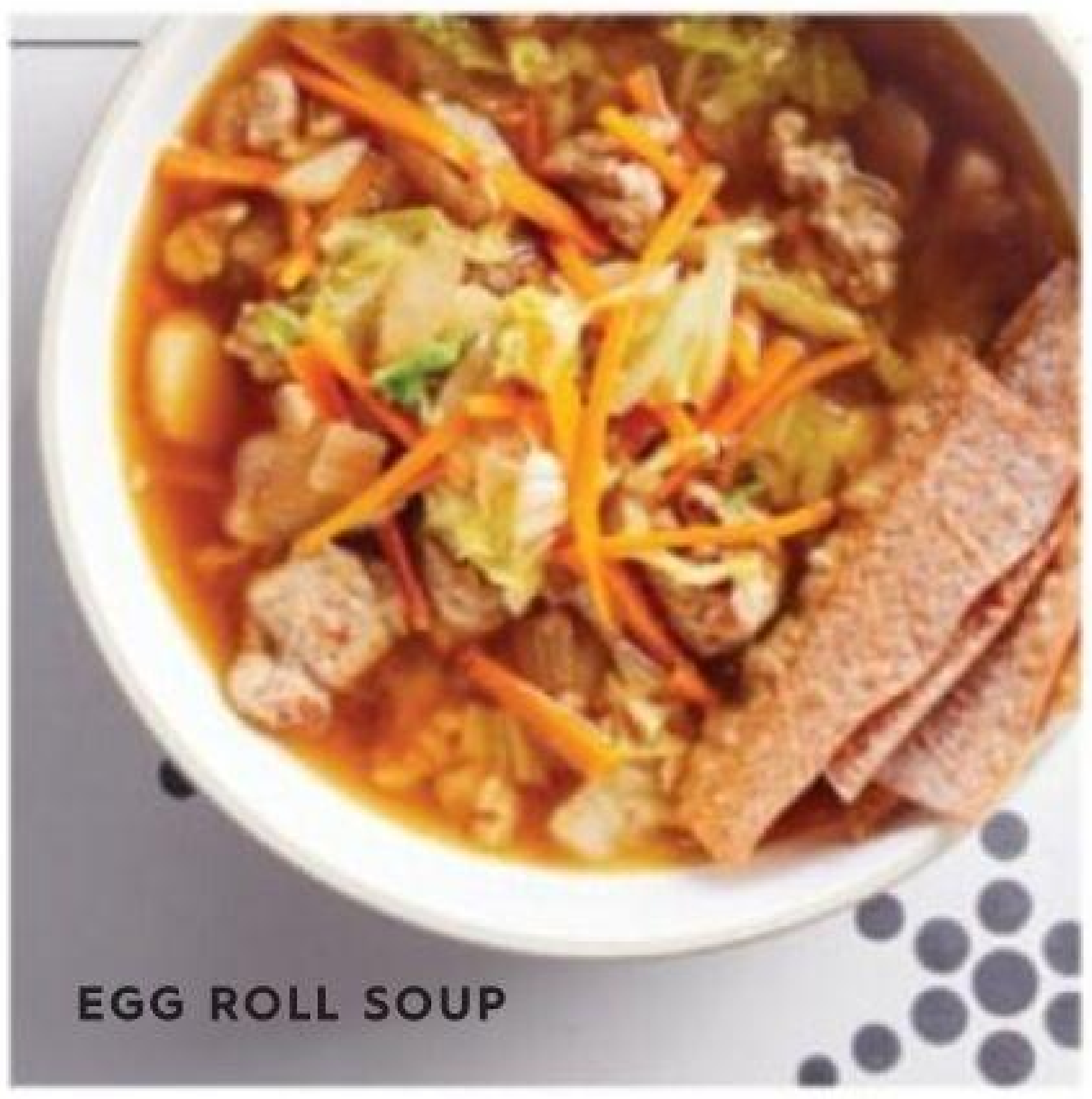
HANDS-ON TIME 15 minutes
COOK 10 minutes

1 32-oz. carton reduced-sodium chicken broth
2 8.8-oz. pouches cooked long grain and wild rice
1 15-oz. pkg. refrigerated cooked pork roast au jus, broken into chunks
½ oz. dried porcini or oyster mushrooms, broken and rinsed
1 Tbsp. snipped fresh sage or 1 tsp. dried sage, crushed

1. In a 4-qt. Dutch oven combine all of the ingredients. Bring just to boiling; reduce heat. Simmer, covered, 10 minutes, stirring occasionally. If desired, top servings with additional fresh sage. **Makes 6 servings.**

EACH SERVING *219 cal., 5 g fat (2 g sat. fat), 38 mg chol., 1,065 mg sodium, 24 g carb., 1 g fiber, 1 g sugars, 18 g pro.*

SAVE YOUR RINDS. WHEN YOU'VE GRATED EVERY LAST BIT OF CHEESE YOU CAN GET FROM A WEDGE OF PARMESAN, PLACE THE RIND IN A PLASTIC BAG AND STORE IN THE REFRIGERATOR TO ADD TO SOUPS. IT INFUSES THE SOUP WITH RICH UMAMI FLAVOR.



EGG ROLL SOUP

EGG ROLL SOUP

START TO FINISH 30 minutes

6 **egg roll wrappers**
1 **Tbsp. olive oil**
1 **lb. ground pork**
1½ **cups chopped onions**
1½ **cups of a 10-oz. pkg. coarsely shredded carrots**
2 **tsp. grated fresh ginger**
2 **cloves garlic, minced**
4 **cups reduced-sodium chicken broth**
¼ **cup reduced-sodium soy sauce**
¼ **tsp. salt**
¼ **tsp. black pepper**
2 **cups shredded napa cabbage**
1 **8-oz. can water chestnuts, drained and chopped**
Hot-style mustard (optional)

1. Preheat oven to 400°F. Line a baking sheet with parchment paper. Brush both sides of egg roll wrappers with oil. Cut each into four squares; arrange on the baking sheet. Bake 4 to 6 minutes or until browned, turning once.
2. Meanwhile, in a 4- to 5-qt. Dutch oven cook ground pork, onions, carrots, ginger, and garlic over medium-high heat until meat is browned. Drain off fat. Stir in broth, soy sauce, salt, and pepper.
3. Bring to boiling; reduce heat. Simmer 10 minutes, stirring occasionally. Stir in cabbage and water chestnuts. Cook and stir 1 to 2 minutes or until cabbage is wilted. Top servings with egg roll crisps and, if desired, drizzle with mustard. **Makes 6 servings.**

EACH SERVING *358 cal., 18 g fat (6 g sat. fat), 57 mg chol., 996 mg sodium, 28 g carb., 2 g fiber, 4 g sugars, 20 g pro.*

SPICY SAUSAGE AND COLLARD SOUP

HANDS-ON TIME 25 minutes
COOK 30 minutes

1 **lb. spicy bulk Italian sausage**
1 **cup chopped onion**
1 **cup chopped red bell pepper**
2 **cloves garlic, minced**
1 **32-oz. carton reduced-sodium chicken broth**
1 **15-oz. can cannellini beans, rinsed and drained**
1 **14.5-oz. can diced tomatoes, undrained**
1 **4×1-inch Parmesan rind (optional)**
1 **bay leaf**
1 **tsp. Italian seasoning, crushed**
1 **8-oz. bunch collard greens or kale, stemmed and chopped (5 cups)***
½ **cup chopped fresh basil**
Grated Parmesan cheese

1. In a 5-qt. Dutch oven cook first four ingredients (through garlic) over medium heat until sausage is browned, breaking it into small pieces as it cooks. Add next six ingredients (through Italian seasoning). Bring to boiling; reduce heat. Simmer, covered, 20 minutes, stirring occasionally.
2. Remove and discard bay leaf and (if using) Parmesan rind. Add collard greens. Return to boiling; reduce heat. Simmer, covered, about 10 minutes or until collards are tender. Remove from heat. Stir in basil. Top servings with Parmesan cheese and, if you like, additional basil. **Makes 6 servings.**

***TIP** To prep greens, remove inner stem of each leaf by cutting along each side of stem with a sharp knife. Discard stems. Chop leaves into bite-size pieces.

EACH SERVING *323 cal., 18 g fat (8 g sat. fat), 56 mg chol., 1,094 mg sodium, 17 g carb., 5 g fiber, 4 g sugars, 19 g pro.*

SPICY SAUSAGE AND COLLARD SOUP

SCALLOPED POTATO AND HAM SOUP

SCALLOPED POTATO AND HAM SOUP

START TO FINISH 35 minutes

3	Tbsp. butter
1	cup chopped onion
1	cup chopped celery
1	cup chopped carrots
4	cups reduced-sodium chicken broth
4	medium potatoes, peeled and cut into ½-inch pieces
½	tsp. black pepper
½	cup panko bread crumbs
2	cups half-and-half
¼	cup all-purpose flour
1½	cups chopped cooked ham
2	cups shredded white cheddar cheese (8 oz.)
	Snipped fresh chives

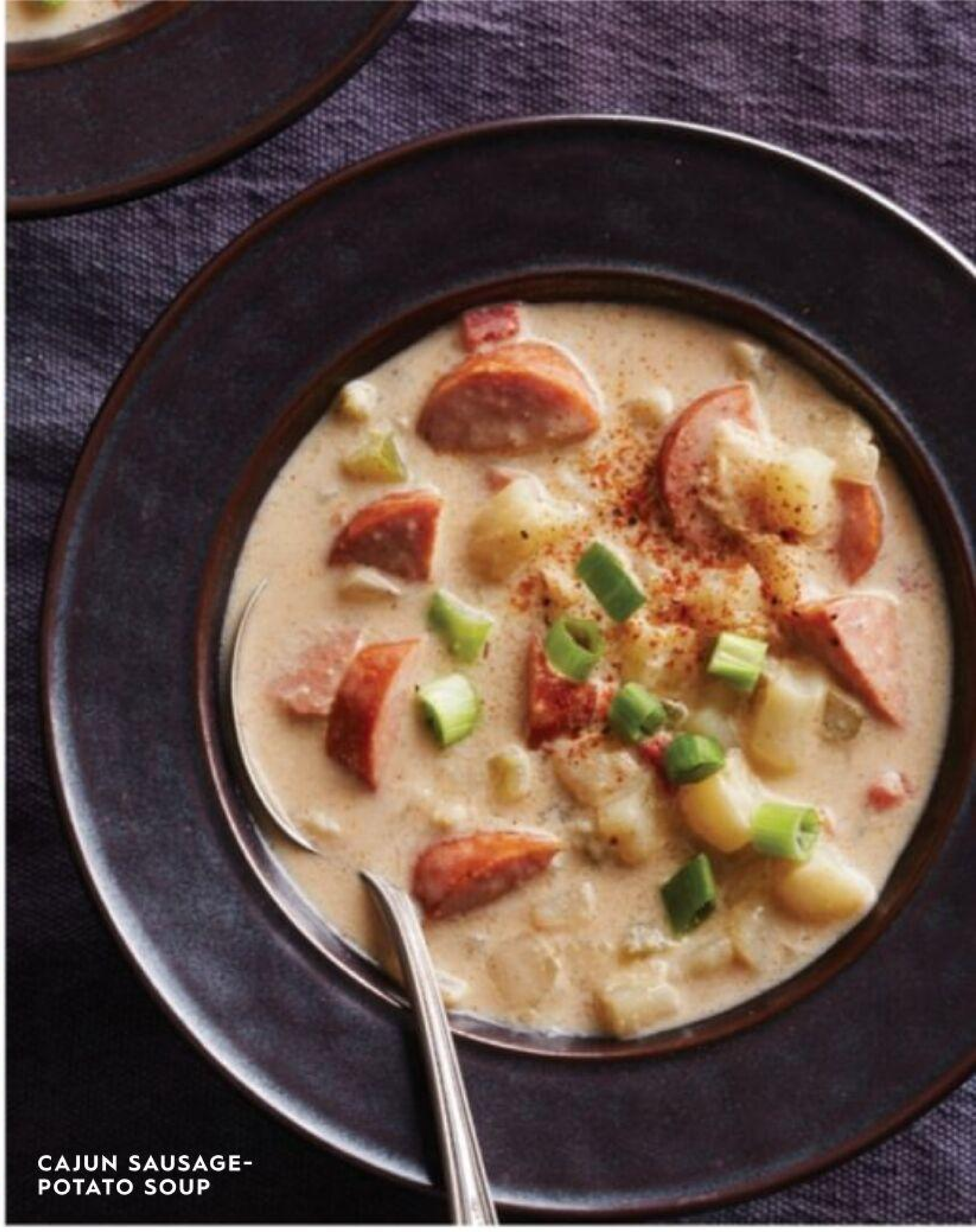
1. In a 5- to 6-qt. Dutch oven heat 2 Tbsp. of the butter over medium heat. Add onion, celery, and carrots; cook 8 to 10 minutes or until tender, stirring occasionally. Add broth; bring to boiling. Stir in potatoes and pepper. Simmer, covered, 10 minutes.

2. Meanwhile, in a 6-inch skillet melt remaining 1 Tbsp. butter over medium heat. Add bread crumbs. Cook and stir 4 minutes or until lightly toasted.

3. In a medium bowl whisk together half-and-half and flour; stir into broth mixture. Cook and stir until thickened and bubbly. Stir in ham. Gradually add cheese, stirring until melted. Top servings with toasted bread crumbs and chives. **Makes 6 servings.**

EACH SERVING *503 cal., 28 g fat (17 g sat. fat), 95 mg chol., 1,207 mg sodium, 40 g carb., 3 g fiber, 8 g sugars, 23 g pro.*

LENTIL-CHARD SOUP WITH HAM


CAJUN SAUSAGE-POTATO SOUP

LENTIL-CHARD SOUP WITH HAM

START TO FINISH 30 minutes

4 cups coarsely chopped Swiss chard
1 32-oz. carton reduced-sodium chicken broth
1 16-oz. pkg. frozen stew vegetables or one 14-oz. pkg. frozen mirepoix (carrots, celery, and onions)
1 9-oz. pkg. refrigerated steamed lentils
4 oz. sliced button mushrooms
1¾ cups water
1½ cups diced cooked ham
1 tsp. dried Italian seasoning, crushed
Finely shredded Parmesan cheese (optional)
Toasted baguette slices (optional)

1. In a 4-qt. Dutch oven combine first eight ingredients (through Italian seasoning). Bring to boiling; reduce heat. Simmer 15 minutes or until vegetables are tender, stirring occasionally.

2. If desired, top servings with cheese and toasted baguette slices. **Makes 6 servings.**

EACH SERVING *155 cal., 3 g fat (1 g sat. fat), 20 mg chol., 950 mg sodium, 19 g carb., 5 g fiber, 4 g sugars, 13 g pro.*

CAJUN SAUSAGE-POTATO SOUP

START TO FINISH 30 minutes

4 cups frozen diced hash brown potatoes with onions and peppers
1 14.5-oz. can reduced-sodium chicken broth
1 13.5- to 14-oz. pkg. cooked andouille or other smoked sausage, chopped
1 cup water
1 10.75-oz. can condensed cream of celery soup
2 tsp. Cajun seasoning
½ cup heavy cream
Sliced green onions (optional)
Cajun seasoning (optional)

1. In a 4-qt. Dutch oven combine first six ingredients (through 2 tsp. Cajun seasoning). Bring to boiling; reduce heat. Simmer 10 minutes or until potatoes are tender, stirring occasionally. Before serving, stir in cream. If desired, top servings with green onions and/or additional Cajun seasoning. **Makes 6 servings.**

EACH SERVING *363 cal., 26 g fat (11 g sat. fat), 67 mg chol., 1,113 mg sodium, 20 g carb., 2 g fiber, 1 g sugars, 12 g pro.*

STOCK TIPS

Boxed or canned broth or stock is convenient, but if you have the time, make your own in a slow cooker or pressure cooker. Save chicken and beef bones and vegetable scraps in the freezer—then make homemade broth at your convenience.

BLACK BEAN AND VEGETABLE SOUP WITH PROSCIUTTO GREMOLATA

STOCK THE PANTRY. KEEPING A VARIETY OF CANNED BEANS, CANNED TOMATOES, BOXED OR CANNED BROTH, PASTA, AND RICE IN THE PANTRY MAKES WHIPPING UP A WARMING POT OF SOUP QUICK AND EASY.

BLACK BEAN AND VEGETABLE SOUP WITH PROSCIUTTO GREMOLATA

START TO FINISH 30 minutes

- 1 **Tbsp. olive oil**
- ½ **of a 14.4-oz. pkg. (2 cups) frozen bell pepper and onion stir-fry vegetables**
- 1 **32-oz. carton reduced-sodium chicken broth**
- 2 **15-oz. cans reduced-sodium black beans, rinsed and drained**
- 1 **10-oz. sweet potato, peeled and cut into ½-inch pieces**
- 1 **14.5-oz. can no-salt-added fire-roasted diced tomatoes, undrained**
- 2 **tsp. hot chili powder or berbere seasoning**
- **Salt and black pepper**
- 1 **recipe Prosciutto Gremolata (recipe follows)**

1. In a 4-qt. Dutch oven heat oil over medium-high heat. Add frozen vegetables; cook 3 minutes, stirring occasionally. Stir in next five ingredients (through chili powder).

2. Bring to boiling; reduce heat. Simmer, covered, 15 minutes or until sweet potato is tender, stirring occasionally. Season to taste with salt and pepper. Top servings with Prosciutto Gremolata.

PROSCIUTTO GREMOLATA Place 2 thin slices prosciutto between paper towels and set on a plate. Microwave 1 minute; cool and crumble. In a small bowl combine prosciutto, ¼ cup snipped fresh parsley, 2 tsp. lemon zest, and 1 clove garlic, minced.

EACH SERVING *230 cal., 3 g fat (0 g sat. fat), 1 mg chol., 769 mg sodium, 39 g carb., 9 g fiber, 6 g sugars, 12 g pro.*

PASTA E FAGIOLI

START TO FINISH 30 minutes

- 1 **32-oz. carton reduced-sodium chicken broth**
- 2 **15-oz. cans no-salt-added cannellini beans, rinsed and drained**
- 1 **28-oz. can crushed tomatoes with Italian seasoning***
- 1¼ **cups dried small pasta, such as ditali**
- ¾ **cup dry red wine or water**
- ½ **cup finely chopped onion**
- 1 **2.8- to 3-oz. pkg. cooked bacon pieces**
- 3 **cloves garlic, thinly sliced**
- ½ **tsp. salt**
- ¼ **tsp. crushed red pepper**
- 2 **Tbsp. balsamic vinegar**
- **Asiago or Parmesan crisps** or crusty bread (optional)**
- **Chopped fresh oregano (optional)**

PASTA E FAGIOLI

1. In a 4- to 5-qt. Dutch oven stir together first 10 ingredients (through crushed red pepper). Bring to boiling; reduce heat. Simmer, covered, about 12 minutes or until pasta is tender. Serve topped with vinegar, and, if desired, cheese crisps, and/or oregano. **Makes 8 servings.**

***TIP** Instead of canned crushed tomatoes with Italian seasoning, you can use regular crushed tomatoes and add ½ tsp. dried Italian seasoning.

****TIP** To make cheese crisps, preheat oven to 400°F. For each crisp, gently press 1 Tbsp. shredded Asiago or Parmesan cheese into a small circle on a greased foil-lined baking sheet. Bake about 7 minutes or until golden.

EACH SERVING *252 cal., 5 g fat (1 g sat. fat), 9 mg chol., 883 mg sodium, 34 g carb., 5 g fiber, 6 g sugars, 12 g pro.*

RAVIOLI E FAGIOLI

RAVIOLI E FAGIOLI

HANDS-ON TIME 25 minutes
COOK 35 minutes

3	**oz. pancetta, chopped (optional)**
8	**oz. uncooked bulk Italian sausage**
1	**cup chopped onion**
3	**cloves garlic, minced**
½	**cup dry red wine**
1	**32-oz. carton reduced-sodium chicken broth**
1	**15- to 19-oz. can cannellini beans, rinsed and drained**
1	**15-oz. can crushed tomatoes**
1	**10-oz. pkg. frozen lima beans**
1	**tsp. dried Italian seasoning, crushed**
½	**tsp. salt**
1	**9-oz. pkg. refrigerated pesto-filled ravioli or tortellini**
	Snipped fresh basil, oregano, and/or parsley (optional)

1. In a 5- to 6-qt. Dutch oven cook and stir pancetta (if using) over medium heat 5 minutes or until crisp. Drain on paper towels.
2. Add sausage, onion, and garlic to Dutch oven. Cook over medium heat 5 minutes or until sausage is browned, stirring occasionally. Add wine, scraping up any crusty browned bits. Simmer, uncovered, 3 to 5 minutes or until reduced by half.
3. Stir in next six ingredients (through salt). Bring to boiling; reduce heat. Simmer, covered, 20 minutes. Stir in ravioli. Boil gently, uncovered, 8 minutes more or until pasta is tender. Top servings with pancetta and, if desired, snipped herbs. **Makes 8 servings.**

EACH SERVING *368 cal., 15 g fat (6 g sat. fat), 45 mg chol., 1,030 mg sodium, 36 g carb., 6 g fiber, 4 g sugars, 18 g pro.*

SAUSAGE AND WHITE BEAN STEW WITH KALE

HANDS-ON TIME 30 minutes
COOK 50 minutes

2	**Tbsp. olive oil**
1	**14-oz. pkg. cooked smoked sausage, such as kielbasa or andouille, cut into ½-inch slices**
2	**cups chopped onions**
½	**cup chopped celery**
½	**cup chopped carrot**
3	**cloves garlic, minced**
¼	**tsp. dried thyme, crushed**
3	**15-oz. cans Great Northern beans or cannellini beans, rinsed and drained**
3	**14.5-oz. cans reduced-sodium chicken broth**
1	**14.5-oz. can whole peeled tomatoes (undrained), cut up**
1	**1-lb. bunch kale, washed, stemmed, and chopped (8 cups)**
	Salt and black pepper

1. In a 5- to 6-qt. Dutch oven heat oil over medium-high heat. Add sausage; cook 6 minutes or until browned, stirring occasionally. Using a slotted spoon, remove sausage from Dutch oven.
2. Add the next five ingredients (through thyme) to Dutch oven. Cook 8 minutes or until vegetables are tender but not browned, stirring occasionally.
3. Stir in the cooked sausage, the beans, broth, and tomatoes. Bring to boiling. Reduce heat; simmer, covered, 30 minutes, stirring occasionally. Stir in kale. Simmer, covered, 10 to 12 minutes more or until kale is tender. Season to taste with salt and pepper. **Makes 8 servings.**

EACH SERVING *365 cal., 18 g fat (5 g sat. fat), 31 mg chol., 1,507 mg sodium, 35 g carb., 112 g fiber, 6 g sugars, 19 g pro.*

SAUSAGE AND
WHITE BEAN
STEW WITH KALE

CHIPOTLE PORK TACOS

CHIPOTLE PORK TACOS

HANDS-ON TIME 35 minutes
BAKE 2 hours at 325°F

- **1 tsp. salt**
- **2 to 2½ lb. boneless pork shoulder, trimmed and cut into 2-inch pieces**
- **2 Tbsp. vegetable oil**
- **1 orange, cut into 6 wedges**
- **1 cup sliced onion**
- **2 cloves garlic, minced**
- **1 tsp. ground cumin**
- **1 tsp. dried oregano, crushed**
- **1 12-oz. bottle dark lager beer or 1½ cups beef broth**
- **¾ cup orange juice**
- **2 to 3 canned chipotle peppers in adobo sauce, finely chopped (tip, *p. 23*), plus 1 Tbsp. adobo sauce**
- **12 6-inch corn tortillas, warmed**
- **2 cups finely shredded red cabbage**
- **¾ cup crumbled queso fresco or feta cheese**

1. Preheat oven to 325°F. Sprinkle salt evenly over pork. In a 5- to 6-qt. Dutch oven heat 1 Tbsp. oil over medium-high heat. Cook meat in batches 6 to 10 minutes or until deep brown on all sides. Transfer to a plate with juices.
2. Reduce heat to medium. Add remaining 1 Tbsp. oil. Place orange wedges cut sides down in pot; cook 4 minutes or until deep brown, turning once. Remove from pot; set aside. Add onion to pot. Cook 3 minutes or until lightly browned. Stir in garlic, cumin, and oregano; cook 1 minute. Add beer, orange juice, chipotle peppers, and the 1 Tbsp. adobo sauce. Bring to simmering, scraping the bottom of the pot to loosen browned bits. Return meat and juices to pot; return to a simmer. Cover; bake 2 to 2½ hours or until meat is fork-tender.
3. Shred meat in pot. If there's too much liquid, simmer over medium heat to reduce and thicken slightly. Serve in doubled tortillas with cabbage and cheese. Serve with seared orange wedges. **Makes 6 servings.**

EACH SERVING *408 cal., 18 g fat (5 g sat. fat), 89 mg chol., 594 mg sodium, 26 g carb., 3 g fiber, 7 g sugars, 31 g pro.*

APPLE PORK RAGU

APPLE PORK RAGU

HANDS-ON TIME 25 minutes
COOK 20 minutes

- **12 oz. lean boneless pork, cut into 1-inch pieces**
- **1 medium onion, halved and thinly sliced**
- **2 cloves garlic, minced**
- **1 Tbsp. olive oil**
- **¼ cup apple cider**
- **2 Tbsp. tomato paste**
- **2 apples, cored and chopped**
- **1 14.5-oz. can diced tomatoes, undrained**
- **1 cup low-sodium chicken broth**
- **¼ cup pimiento-stuffed green olives, coarsely chopped**
- **¼ cup chopped fresh Italian parsley**
- **Cooked polenta (optional)**
- **Finely shredded Parmesan cheese (optional)**

1. In a 4-qt. Dutch oven cook pork, onion, and garlic in hot oil over medium-high heat 5 minutes or until browned. Add apple cider. Cook and stir, scraping up any browned bits from bottom of Dutch oven, until cider is nearly evaporated. Stir in tomato paste. Cook and stir mixture 1 minute more.
2. Stir in apples, tomatoes, and broth. Bring to boiling; reduce heat. Simmer, uncovered, 15 minutes. Remove from heat. Stir in olives and parsley. If desired, serve over warm polenta and top with Parmesan cheese.
Makes 6 servings.

EACH SERVING *161 cal., 5 g fat (1 g sat. fat), 38 mg chol., 434 mg sodium, 16 g carb., 3 g fiber, 11 g sugars, 13 g pro.*

CREAMY CHICKEN-TORTELLONI SOUP

CHICKEN-GREEN CURRY NOODLE SOUP

CREAMY CHICKEN-TORTELLONI SOUP

START TO FINISH 35 minutes

- **2 lb. skinless, boneless chicken breast or thighs, cut into 1-inch pieces**
- **Salt and black pepper**
- **2 tsp. vegetable oil**
- **6 cloves garlic, minced**
- **1 cup dry white wine or reduced-sodium chicken broth**
- **4 cups reduced-sodium chicken broth**
- **2 cups heavy cream**
- **⅓ cup butter, softened**
- **⅓ cup all-purpose flour**
- **1 10-oz. pkg. refrigerated cheese-filled tortelloni or tortellini**
- **1 5-oz. pkg. fresh baby spinach and/or kale**
- **½ cup oil-packed dried tomatoes, drained and chopped**
- **¼ cup chopped fresh basil**
- **1 cup grated Parmesan cheese**

1. Sprinkle chicken with salt and pepper. In a 5- to 6-qt. Dutch oven heat oil over medium-high heat. Add chicken, half at a time, and cook and stir until browned. Return all of the chicken to pot. Add garlic; cook and stir 1 to 2 minutes or until fragrant. Stir in wine; simmer 1 minute. Stir in broth and cream. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes.

2. In a small bowl stir together butter and flour; stir into mixture in pot. Stir in tortelloni, spinach and/or kale, dried tomatoes, and basil. Simmer, covered, 6 to 8 minutes or until pasta is tender and mixture is bubbly and slightly thickened, stirring occasionally. Stir in cheese. **Makes 8 servings.**

EACH SERVING *626 cal., 40 g fat (22 g sat. fat), 184 mg chol., 1,012 mg sodium, 27 g carb., 2 g fiber, 3 g sugars, 36 g pro.*

CHICKEN-GREEN CURRY NOODLE SOUP

START TO FINISH 30 minutes

- **1 lb. skinless, boneless chicken breast, cut into bite-size strips**
- **1 14.4-oz. pkg. frozen broccoli stir-fry vegetables**
- **2½ cups reduced-sodium chicken broth**
- **1 cup water**
- **3 to 4 Tbsp. green curry paste**
- **4 oz. dried straight-cut (flat) rice noodles, broken**
- **1 13.5- to 14-oz. can unsweetened coconut milk**
- **Snipped fresh basil (optional)**
- **Lime wedges (optional)**
- **Crushed red pepper (optional)**

1. In a 4-qt. Dutch oven combine first five ingredients (through curry paste). Bring to boiling; reduce heat. Simmer 8 to 10 minutes or until chicken is no longer pink, stirring occasionally.

2. Add noodles. Return to boiling; reduce heat. Simmer 4 to 6 minutes more or until noodles are just tender, stirring occasionally. Stir in coconut milk; heat through. If desired, serve with basil, lime wedges, and/or crushed red pepper. **Makes 6 servings.**

EACH SERVING *305 cal., 13 g fat (10 g sat. fat), 55 mg chol., 772 mg sodium, 22 g carb., 2 g fiber, 2 g sugars, 20 g pro.*

ROTISSERIE CHICKEN MATH

The average rotisserie chicken weighs about 2 pounds. A chicken of this size will yield about 3 cups of meat total—2 cups of white meat and 1 cup of dark meat.

CHICKEN TACO TORTILLA SOUP

START TO FINISH 20 minutes

- **2 cups shredded rotisserie chicken**
- **2 cups water**
- **1 15.5- to 16-oz. jar black bean and corn salsa**
- **1 14.5-oz. can reduced-sodium chicken broth**
- **1 12-oz. pkg. frozen fire-roasted tricolor peppers***
- **2 tsp. dried oregano, crushed**
- **Coarsely crushed tortilla chips (optional)**
- **Sour cream (optional)**

1. In a 4-qt. Dutch oven combine first six ingredients (through oregano). Bring to boiling; reduce heat. Simmer 5 minutes or until heated through, stirring occasionally.

2. If desired, top servings with tortilla chips and sour cream.

Makes 6 servings.

***TIP** If you can't find frozen fire-roasted peppers, substitute one 14.4-oz. pkg. frozen pepper stir-fry vegetables (green, red, and yellow bell peppers and onion).

EACH SERVING *217 cal., 7 g fat (1 g sat. fat), 53 mg chol., 737 mg sodium, 25 g carb., 6 g fiber, 4 g sugars, 17 g pro.*

CHICKEN TACO TORTILLA SOUP

CREAMY FETTUCCINE
ALFREDO SOUP

CHEESE, PLEASE. TO ENSURE THAT ANY CHEESE YOU ADD TO SOUP MELTS PROPERLY WITHOUT CLUMPING, STIR IT IN GRADUALLY OVER LOW HEAT—OR OFF THE HEAT ENTIRELY. ONCE THE CHEESE IS MELTED, YOU CAN PUT THE SOUP BACK OVER MEDIUM-LOW TO HEAT THROUGH BEFORE SERVING.

CREAMY FETTUCCINE ALFREDO SOUP

START TO FINISH 35 minutes

1	**Tbsp. butter**
1	**Tbsp. olive oil**
1½	**lb. skinless, boneless chicken thighs, cut into 1-inch pieces**
1½	**cups chopped onions**
2	**cloves garlic, minced**
5	**cups reduced-sodium chicken broth**
6	**oz. dried fettuccine, broken**
2	**cups small broccoli florets**
1	**cup half-and-half**
2	**Tbsp. all-purpose flour**
1	**cup finely shredded Parmesan cheese (4 oz.)**
½	**tsp. salt**
½	**tsp. black pepper**
¼	**cup fresh basil**

1. In a 5- to 6-qt. Dutch oven heat butter and oil over medium-high heat. Add chicken, half at a time; cook and stir 2 to 3 minutes or until browned. Remove from pan. Add onions and garlic; cook 4 minutes or until onions are tender, stirring occasionally. Add broth. Bring to boiling. Stir in chicken and fettuccine. Simmer 5 minutes, stirring occasionally. Stir in broccoli. Simmer 5 minutes more, stirring occasionally.

2. In a small bowl stir together half-and-half and flour; stir into chicken mixture. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Stir in ½ cup of the cheese. Season with salt and pepper.

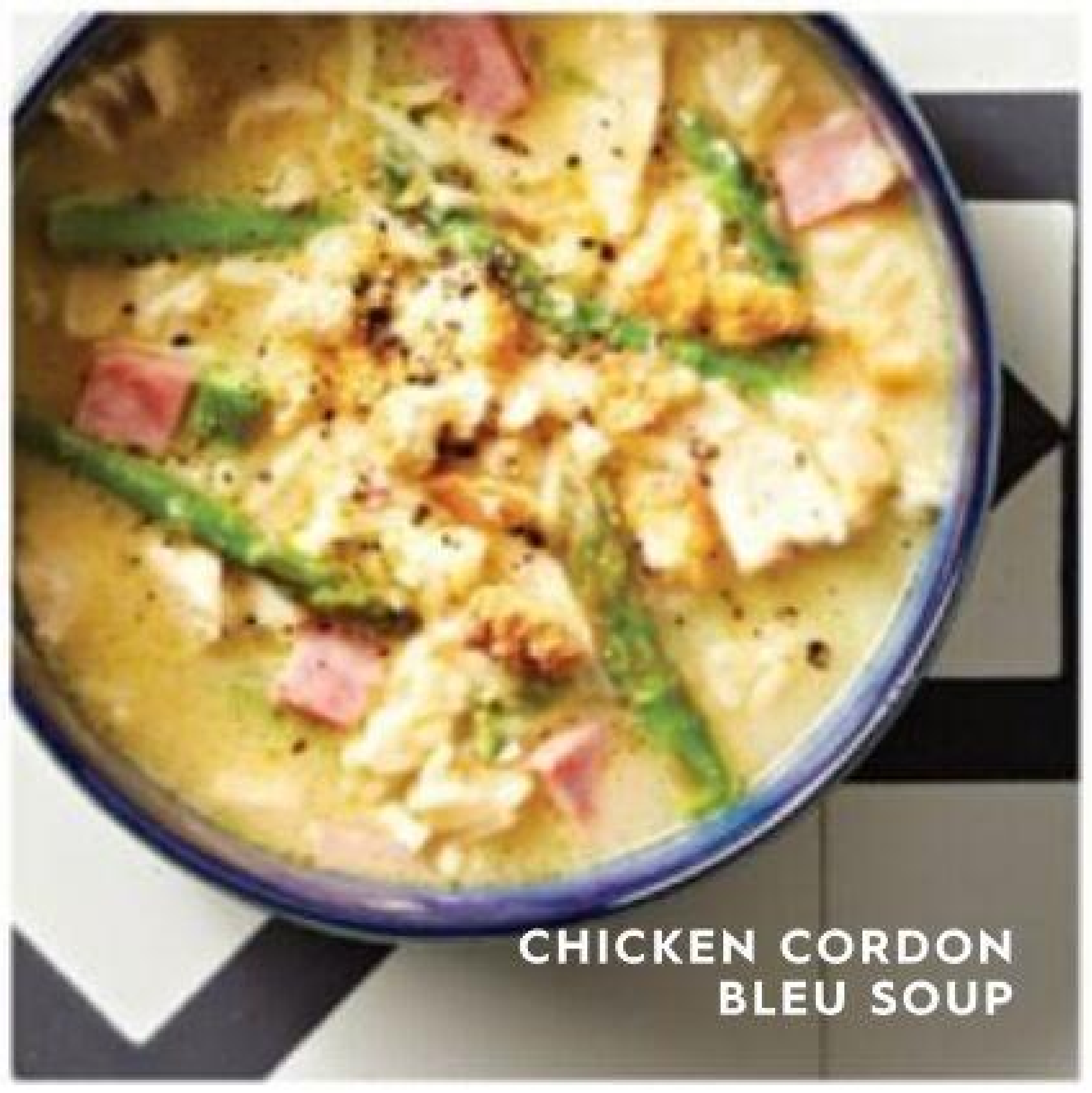
3. Top servings with remaining cheese and basil. **Makes 6 servings.**

EACH SERVING *355 cal., 15 g fat (7 g sat. fat), 69 mg chol., 968 mg sodium, 32 g carb., 3 g fiber, 5 g sugars, 24 g pro.*

CHICKEN CORDON BLEU SOUP

HANDS-ON TIME 20 minutes
COOK 20 minutes

2	**Tbsp. olive oil**
1½	**lb. skinless, boneless chicken breast halves, cut into 1-inch pieces**
½	**cup thinly sliced shallots**
4	**cups reduced-sodium chicken broth**
1	**cup diced cooked ham**
8	**oz. asparagus spears, trimmed and cut into pieces**
1½	**cups shredded Gruyère or Swiss cheese (6 oz.)**
2	**Tbsp. all-purpose flour**
1	**8.8-oz. pouch cooked long grain rice**
1	**Tbsp. Dijon mustard**
1	**cup croutons, coarsely crushed**



CHICKEN CORDON BLEU SOUP

1. In a 5- to 6-qt. Dutch oven heat oil over medium-high heat. Add half of the chicken and shallots; cook and stir 2 to 3 minutes or until chicken is browned. Remove from pan. Repeat with remaining chicken and shallots. Return all of the chicken mixture to pan. Stir in broth and ham.

2. Bring to boiling; reduce heat. Simmer 5 minutes. Add asparagus; simmer 5 minutes more. In a small bowl combine 1 cup of the cheese and the flour. Gradually add cheese mixture to soup, stirring until melted. Stir in rice and mustard; heat through. Top servings with remaining ½ cup cheese and croutons. **Makes 6 servings.**

EACH SERVING *433 cal., 19 g fat (7 g sat. fat), 123 mg chol., 987 mg sodium, 23 g carb., 2 g fiber, 2 g sugars, 43 g pro.*

RED BEANS AND RICE SOUP WITH CAJUN CHICKEN

RED BEANS AND RICE SOUP WITH CAJUN CHICKEN

HANDS-ON TIME 35 minutes
COOK 25 minutes

- **1½ lb. skinless, boneless chicken thighs, cut into 1-inch pieces**
- **2 tsp. Cajun seasoning**
- **1 Tbsp. vegetable oil**
- **6 oz. cooked andouille sausage, halved lengthwise and sliced**
- **3 cloves garlic, minced**
- **5 cups reduced-sodium chicken broth**
- **½ tsp. salt**
- **½ tsp. dried thyme, crushed**
- **½ tsp. smoked paprika**
- **½ tsp. black pepper**
- **½ cup uncooked long grain rice**
- **1 15-oz. can red beans, rinsed and drained**
- **1 14.5-oz. can diced tomatoes, undrained**

1. In a medium bowl toss together chicken and Cajun seasoning. In a 5- to 6-qt. Dutch oven heat oil over medium-high heat. Add half of the chicken, half of the sausage, and the garlic; cook and stir until chicken is browned. Remove chicken mixture. Repeat with remaining chicken and sausage; drain off fat. Return all of the chicken mixture to pan. Add broth, salt, thyme, paprika, and pepper.

2. Bring to boiling; stir in rice. Return to boiling; reduce heat. Simmer, covered, 25 minutes or until rice is tender. Stir in beans and tomatoes; heat through.

Makes 8 servings.

EACH SERVING *264 cal., 8 g fat (2 g sat. fat), 81 mg chol., 931 mg sodium, 19 g carb., 2 g fiber, 2 g sugars, 27 g pro.*

CHICKEN SAUSAGE, VEGGIE, AND RAVIOLI SOUP

START TO FINISH 20 minutes

- **1 Tbsp. olive oil**
- **2 cups bite-size pieces asparagus or green beans**
- **1 cup sliced miniature red bell peppers**
- **½ cup halved and thinly sliced onion**
- **1 12-oz. pkg. cooked chicken sausage, halved lengthwise and sliced, or 2 cups shredded cooked chicken**
- **1 32-oz. carton chicken broth**
- **1 9-oz. pkg. refrigerated tomato-and-cheese-filled ravioli**
- **2 tsp. fresh thyme leaves**
- **Black pepper**

1. In a 4- to 5-qt. Dutch oven heat oil over medium-high heat. Add asparagus, bell peppers, and onion; cook and stir 4 minutes or until tender. Remove vegetables. Add sausage to Dutch oven; cook and stir until browned. Return vegetables; add broth.

2. Bring to boiling. Stir in ravioli and thyme. Boil gently 5 minutes or until pasta is tender, stirring occasionally. Season to taste with black pepper.

Makes 6 servings.

EACH SERVING *273 cal., 14 g fat (4 g sat. fat), 74 mg chol., 1,136 mg sodium, 19 g carb., 2 g fiber, 4 g sugars, 18 g pro.*

CHICKEN SAUSAGE, VEGGIE, AND RAVIOLI SOUP

PAD THAI SOUP

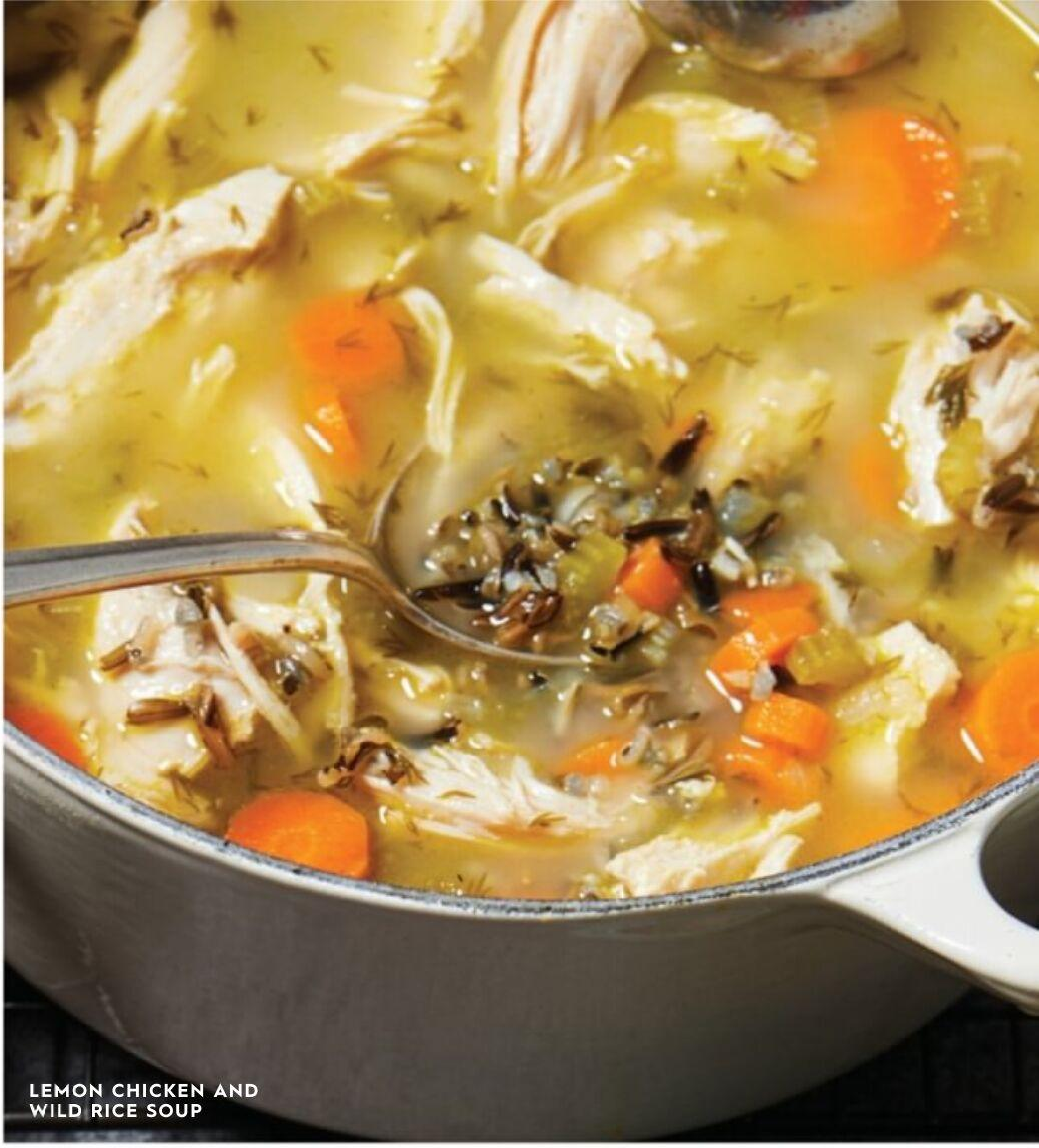
PAD THAI SOUP

START TO FINISH 50 minutes

- **4 oz. dried rice noodles**
- **1 Tbsp. canola oil**
- **12 oz. skinless, boneless chicken thighs, thinly sliced**
- **1 medium onion, cut into thin wedges**
- **4 cloves garlic, minced**
- **6 cups reduced-sodium chicken broth**
- **2 Tbsp. fish sauce**
- **1 Tbsp. tamarind pulp concentrate**
- **1 Tbsp. honey**
- **⅛ to ¼ tsp. crushed red pepper**
- **1 small zucchini, halved lengthwise and thinly sliced**
- **1 cup fresh or canned bean sprouts**
- **1 tsp. canola oil**
- **2 eggs, lightly beaten**
- **½ cup finely chopped, lightly salted cocktail peanuts**
- **⅓ cup finely chopped fresh cilantro**
- **2 tsp. lime zest**
- **Lime wedges**

1. Place noodles in a large bowl of hot water. Let stand 10 minutes or until softened; drain and rinse. Meanwhile, in a 5- to 6-qt. Dutch oven heat 1 Tbsp. oil over medium-high heat. Add chicken, onion, and garlic; cook 4 to 6 minutes or until chicken is no longer pink, stirring occasionally. Stir in next five ingredients (through crushed red pepper). Bring to boiling; reduce heat. Add noodles, zucchini, and bean sprouts. Cook and stir 1 to 2 minutes or until noodles and zucchini are just tender and soup is heated through. Keep warm.

2. In a 10-inch nonstick skillet heat 1 tsp. oil over medium heat. Add eggs. Cook, without stirring, 1 minute or until bottom is set. Turn with a spatula and cook 30 to 60 seconds more. Cut into thin bite-size strips. Stir into soup.



LEMON CHICKEN AND WILD RICE SOUP

3. In a small bowl combine peanuts, cilantro, and lime zest. Ladle soup into bowls and top with peanut mixture. Serve with lime wedges. **Makes 4 servings.**

EACH SERVING *444 cal., 18 g fat (3 g sat. fat), 173 mg chol., 1,763 mg sodium, 39 g carb., 3 g fiber, 9 g sugars, 32 g pro.*

LEMON CHICKEN AND WILD RICE SOUP

HANDS-ON TIME 20 minutes
COOK 40 minutes

- **1 Tbsp. olive oil**
- **1 cup sliced carrots**
- **1 cup sliced celery**
- **1 cup chopped onion**
- **6 cloves garlic, minced**
- **5 cups reduced-sodium chicken broth**
- **¾ cup dried wild rice, rinsed and drained**
- **½ tsp. salt**
- **½ tsp. black pepper**
- **1 large lemon**
- **2 cups shredded cooked chicken breast**
- **¼ cup chopped fresh dill**

1. In a 5- to 6-qt. Dutch oven heat olive oil over medium heat. Cook carrots, celery, onion, and garlic 8 to 10 minutes or until tender, stirring occasionally. Add broth, rice, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, 40 to 45 minutes or until rice is tender, stirring occasionally.

2. Remove 1 tsp. zest and squeeze ¼ cup juice from lemon. Stir zest, juice, chicken, and dill into soup. Heat through. **Makes 4 servings.**

EACH SERVING *299 cal., 6 g fat (1 g sat. fat), 54 mg chol., 469 mg sodium, 34 g carb., 4 g fiber, 5 g sugars, 28 g pro.*

CHIPOTLE CHICKEN AND CORN STEW

CHIPOTLE CHICKEN AND CORN STEW

HANDS-ON TIME 25 minutes
COOK 35 minutes

- 4 **tsp. canola oil**
- 1 **lb. skinless, boneless chicken breast, cut into bite-size pieces**
- 2 **cups frozen whole kernel corn**
- ½ **of a 14.4-oz. pkg. frozen pepper and onion stir-fry vegetables**
- 2 **14.5-oz. cans reduced-sodium chicken broth**
- 1 **14.5-oz. can no-salt-added fire-roasted diced tomatoes**
- 4 **6-inch corn tortillas, torn into small pieces**
- 2 **tsp. salt-free Southwest chipotle seasoning blend**
- ¼ **tsp. salt**
- ¾ **cup shredded reduced-fat mild cheddar cheese**
- ¼ **cup thinly sliced green onions**
- ¼ **cup plain fat-free Greek yogurt (optional)**
- 1 **fresh jalapeño, thinly sliced (tip, *p. 23*) (optional)**
- **Lime wedges (optional)**

1. In a 5- to 6-qt. Dutch oven heat 2 tsp. of the oil over medium. Add chicken; cook and stir until no longer pink. Remove from pan. Cover; chill.
2. In the same Dutch oven heat remaining 2 tsp. oil over medium-high heat. Add corn and stir-fry vegetables; cook and stir 3 minutes. Stir in next five ingredients (through salt). Bring to boiling; reduce heat. Simmer, covered, 30 minutes or until tortillas break down and broth is slightly thick. Stir in cooked chicken. Simmer, uncovered, 5 minutes more.
3. Top each serving with cheese and green onions. If desired, top with yogurt and jalapeño and serve with lime wedges. **Makes 6 servings.**

EACH SERVING *279 cal., 9 g fat (3 g sat. fat), 65 mg chol., 577 mg sodium, 25 g carb., 3 g fiber, 5 g sugars, 26 g pro.*

THAI PEANUT-CHICKEN BOWL

START TO FINISH 35 minutes

- 1 **cup canned crushed tomatoes***
- ½ **cup chunky peanut butter**
- 1 **Tbsp. vegetable oil**
- 1 **lb. skinless, boneless chicken thighs or breasts, cut into 1-inch pieces**
- 1 **Tbsp. minced garlic**
- 2 **tsp. grated fresh ginger or ½ tsp. ground ginger**
- 2 **14.5-oz. cans reduced-sodium chicken broth**
- 1 **serrano or jalapeño, seeded and finely chopped (tip, *p. 23*) (optional)**
- 1 **Tbsp. fish sauce (optional)**
- 4 **oz. dried rice noodles, broken if desired**
- 2 **cups shredded green cabbage**
- ¼ **cup chopped green onions**
- **Snipped fresh cilantro (optional)**
- **Coarsely chopped peanuts (optional)**

1. In a small bowl whisk together tomatoes and peanut butter; set aside. In a 4- to 5-qt. pot heat oil over medium-high heat. Add chicken, garlic, and ginger; cook about 7 minutes or until chicken is browned, stirring occasionally.
2. Add tomato mixture and broth to chicken in pot. If desired, stir in serrano pepper and fish sauce. Bring to boiling. Stir in noodles and cabbage; reduce heat. Simmer, uncovered, 5 minutes or until noodles and cabbage are tender, stirring occasionally. Remove pot from heat. Stir in green onions. If desired, top servings with cilantro and peanuts. **Makes 6 servings.**

***TIP** Crushed tomatoes come in 28-oz. cans so you will have some left over. Place the leftover tomatoes in an airtight container, cover, and store in the refrigerator up to 3 days or freeze up to 3 months. Use in pasta sauces or soups.

EACH SERVING *338 cal., 16 g fat (3 g sat. fat), 71 mg chol., 614 mg sodium, 25 g carb., 3 g fiber, 5 g sugars, 24 g pro.*

THAI PEANUT-
CHICKEN BOWL

CHILE CHAT

Many—but not all—chiles are used in both fresh and dried forms. Chipotle chiles are dried, smoked jalapeños. When dried, poblanos—used fresh here—are referred to as ancho chiles.

CHIPOTLE CHICKEN-SQUASH CHILI

THICK CHICKEN CHILI

CHIPOTLE CHICKEN-SQUASH CHILI

HANDS-ON TIME 20 minutes
COOK 45 minutes

- ¼ **cup olive oil**
- 1 **cup chopped onion**
- 1 **cup chopped green bell pepper**
- ¾ **cup chopped poblano pepper (tip, *p. 23*)**
- 1 **small butternut squash, peeled, seeded, and cut into ½- to ¾-inch pieces (3½ cups)**
- 2 **cloves garlic, minced**
- 2 **Tbsp. chili powder**
- 2 **Tbsp. tomato paste**
- 3 **cups shredded cooked chicken**
- 2 **14.5-oz. cans reduced-sodium chicken broth**
- 1 **15-oz. can black beans, rinsed and drained**
- 1 **14.5-oz. can diced fire-roasted tomatoes**
- 1 **Tbsp. finely chopped canned chipotle pepper in adobo sauce (tip, *p. 23*)**
- **Salt and black pepper**
- ½ **cup chopped fresh cilantro**
- **Tortilla chips, shredded cheese, and/or sour cream**

1. In a 5- to 6-qt. Dutch oven heat olive oil over medium-high heat. Add onion, bell pepper, and poblano pepper. Cook about 5 minutes or until onion is softened, stirring occasionally. Add squash and garlic; cook and stir 5 minutes. Add chili powder and tomato paste; cook and stir 1 minute.

2. Add next five ingredients (through chipotle pepper). Bring to boiling; reduce heat. Simmer, covered, 30 minutes.

3. Season to taste with salt and pepper. Remove from heat; stir in cilantro. Top servings with tortilla chips, cheese, and/or sour cream. **Makes 8 servings.**

EACH SERVING *244 cal., 9 g fat (1 g sat. fat), 35 mg chol., 962 mg sodium, 24 g carb., 5 g fiber, 5 g sugars, 19 g pro.*

THICK CHICKEN CHILI

HANDS-ON TIME 35 minutes
COOK 30 minutes

- 2 **14.5-oz. cans no-salt-added diced tomatoes**
- 1 **Tbsp. canola oil**
- 1½ **lb. skinless, boneless chicken breast, cut into ½- to ¾-inch chunks**
- 4 **cups reduced-sodium chicken broth**
- 2 **15-oz. cans no-salt-added cannellini beans, rinsed and drained**
- 2 **cups ½-inch-thick carrot slices**
- 1 **cup chopped onion**
- 3 **Tbsp. chili powder**
- ½ **tsp. salt**
- ½ **tsp. crushed red pepper**
- **Fat-free sour cream (optional)**
- **Fresh cilantro (optional)**

1. Place tomatoes in a blender or food processor; cover and process until smooth. Meanwhile, in a 5- to 6-qt. Dutch oven heat 1½ tsp. of the oil over medium-high heat. Add half of the chicken. Cook and stir 4 minutes or until meat is no longer pink; transfer to a large bowl. Repeat with remaining 1½ tsp. oil and remaining chicken; transfer to bowl. Cover and chill.

2. In the Dutch oven combine tomatoes and the next seven ingredients (through red pepper). Bring to boiling; reduce heat. Simmer, uncovered, 30 minutes or until carrots are tender and chili is thickened, stirring mixture occasionally.

3. Stir in cooked chicken; heat through. If desired, top with sour cream and/or cilantro. **Makes 8 servings.**

EACH SERVING *244 cal., 5 g fat (1 g sat. fat), 54 mg chol., 642 mg sodium, 24 g carb., 8 g fiber, 6 g sugars, 26 g pro.*

CHICKEN MOLE TOSTADAS

CHICKEN MOLE TOSTADAS

HANDS-ON TIME 25 minutes
COOK 1 hour

2 dried ancho chiles, stemmed, seeded, soaked,* and finely chopped
1 14.5-oz. can fire-roasted diced tomatoes
½ of a 6-oz. can tomato paste (⅓ cup)
½ cup almonds, toasted and finely chopped
1 small onion, finely chopped (½ cup)
4 cloves garlic, minced
½ oz. bittersweet chocolate, chopped
1 tsp. ground coriander
½ tsp. salt
¼ tsp. ground cinnamon
3 lb. bone-in chicken thighs, skin removed
12 tostada shells
Crumbled Cotija cheese
Sliced green onions
Chopped fresh cilantro

1. In a 4- to 5-qt. pot stir together the first 10 ingredients (through cinnamon). Bring to boiling, stirring constantly (mixture will be thick).

2. Reduce heat and add chicken to tomato mixture. Sprinkle with salt and pepper. Simmer, covered, 1 hour or until chicken is tender, turning chicken pieces once. Remove chicken. Using two forks, shred chicken; discard bones. Return chicken to pot.

3. Spoon chicken mixture on tostada shells. Top with cheese, green onions, and cilantro. **Makes 6 servings.**

***TIP** To soak peppers, place in a small heatproof bowl. Add ½ cup boiling water. Let stand 20 minutes; drain.

EACH SERVING *424 cal., 22 g fat (5 g sat. fat), 79 mg chol., 737 mg sodium, 31 g carb., 5 g fiber, 6 g sugars, 29 g pro.*

BEER-BRAISED CHICKEN TACOS WITH TOASTED CUMIN GUACAMOLE

HANDS-ON TIME 25 minutes
COOK 40 minutes

2 tsp. cumin seeds
1 sweet onion, halved and thinly sliced (1½ cups)
1 poblano pepper, seeded and chopped (¾ cup)
3 Tbsp. vegetable oil
1½ lb. skinless, boneless chicken thighs
1 12-oz. bottle Mexican lager
1 4-oz. can diced green chiles
1 Tbsp. taco seasoning
2 limes
2 avocados, halved, seeded, peeled, and chopped
2 Tbsp. chopped fresh cilantro
Salt
12 6-inch corn or flour tortillas, warmed
Toppers: Crumbled queso fresco, sliced radishes, shredded cabbage, sliced onion, hot sauce, cilantro

1. In a 4- to 5-qt. Dutch oven toast cumin seeds over medium heat about 3 minutes or until fragrant. Remove from pot and set aside to cool.

2. Add onion, poblano pepper, and oil to the pot. Cook over medium heat, stirring occasionally, about 5 minutes or until softened. Stir in the next four ingredients (through taco seasoning). Bring to boiling over medium heat, stirring occasionally. Reduce heat. Simmer, covered, 30 to 35 minutes or until chicken is very tender. Using two forks, shred chicken into large pieces in pot. Simmer, uncovered, 5 to 10 minutes or until liquid is slightly reduced. Remove from heat. Squeeze the juice from one of the limes into the pot.

3. For the guacamole, remove 1 tsp. zest and the juice from the remaining lime. Lightly crush the toasted cumin seeds. In a medium bowl combine avocados, cilantro, the lime juice and zest, and the cumin seeds. Mash as desired using a fork. Season to taste with salt.

4. To serve, using a slotted spoon, spoon chicken mixture into tortillas. Top with guacamole and other desired toppers. **Makes 6 servings.**

EACH SERVING *473 cal., 22 g fat (4 g sat. fat), 71 mg chol., 682 mg sodium, 44 g carb., 6 g fiber, 6 g sugars, 22 g pro.*

BEER-BRAISED CHICKEN TACOS WITH TOASTED CUMIN GUACAMOLE

DIY ZA'ATAR

This Middle Eastern spice blend gives this dish intensely aromatic flavor. To make your own, combine 1 Tbsp. each ground sumac and ground dried thyme with 1 tsp. each sesame seeds, salt, and black pepper.

ZA'ATAR CHICKEN AND LENTILS

PACIFIC SALMON CHOWDER

ZA'ATAR CHICKEN AND LENTILS

HANDS-ON TIME 10 minutes
COOK 10 minutes
BAKE 45 minutes at 325°F

- **6 skin-on, bone-in chicken thighs, excess fat trimmed**
- **3 Tbsp. za'atar seasoning (tip, *opposite*)**
- **2 Tbsp. olive oil**
- **1 cup coarsely chopped onion**
- **1 cup bite-size pieces carrots**
- **2 cloves garlic, minced**
- **3½ cups reduced-sodium chicken broth**
- **1 cup French green lentils***
- **2 Tbsp. tomato paste**
- **1 cup pitted green olives, such as Castelvetrano, whole or halved**
- **Lemon zest**
- **Fresh thyme sprigs**

1. Preheat oven to 325°F. Sprinkle chicken with za'atar. In a 5-qt. Dutch oven heat oil over medium-high heat. Add chicken; cook 6 to 8 minutes or until browned, turning once. Transfer chicken and juices to a plate.
2. Reduce heat to medium. Add onion and carrots to pot. Cook 4 to 5 minutes or until lightly browned. Stir in garlic; cook 1 minute. Stir in broth, lentils, and tomato paste. Return chicken and juices to pot. Bring to simmering. Cover; bake 45 to 55 minutes or until chicken is fork-tender (at least 175°F).
3. Transfer chicken to a platter; keep warm. Strain remaining mixture, reserving liquid. Add lentils and vegetables to chicken on platter; cover. Return liquid to pot. Boil over medium-high heat 10 to 15 minutes or until reduced by half. Pour liquid over chicken, vegetables, and lentils. Top with olives, lemon zest, and thyme.
Makes 6 servings.

EACH SERVING *587 cal., 24 g fat (3 g sat. fat), 130 mg chol., 941 mg sodium, 53 g carb., 13 g fiber, 5 g sugars, 42 g pro.*

***TIP** French green lentils have a firm texture that holds up to longer cooking methods better than most other varieties, so they won't turn to mush when braised.

PACIFIC SALMON CHOWDER

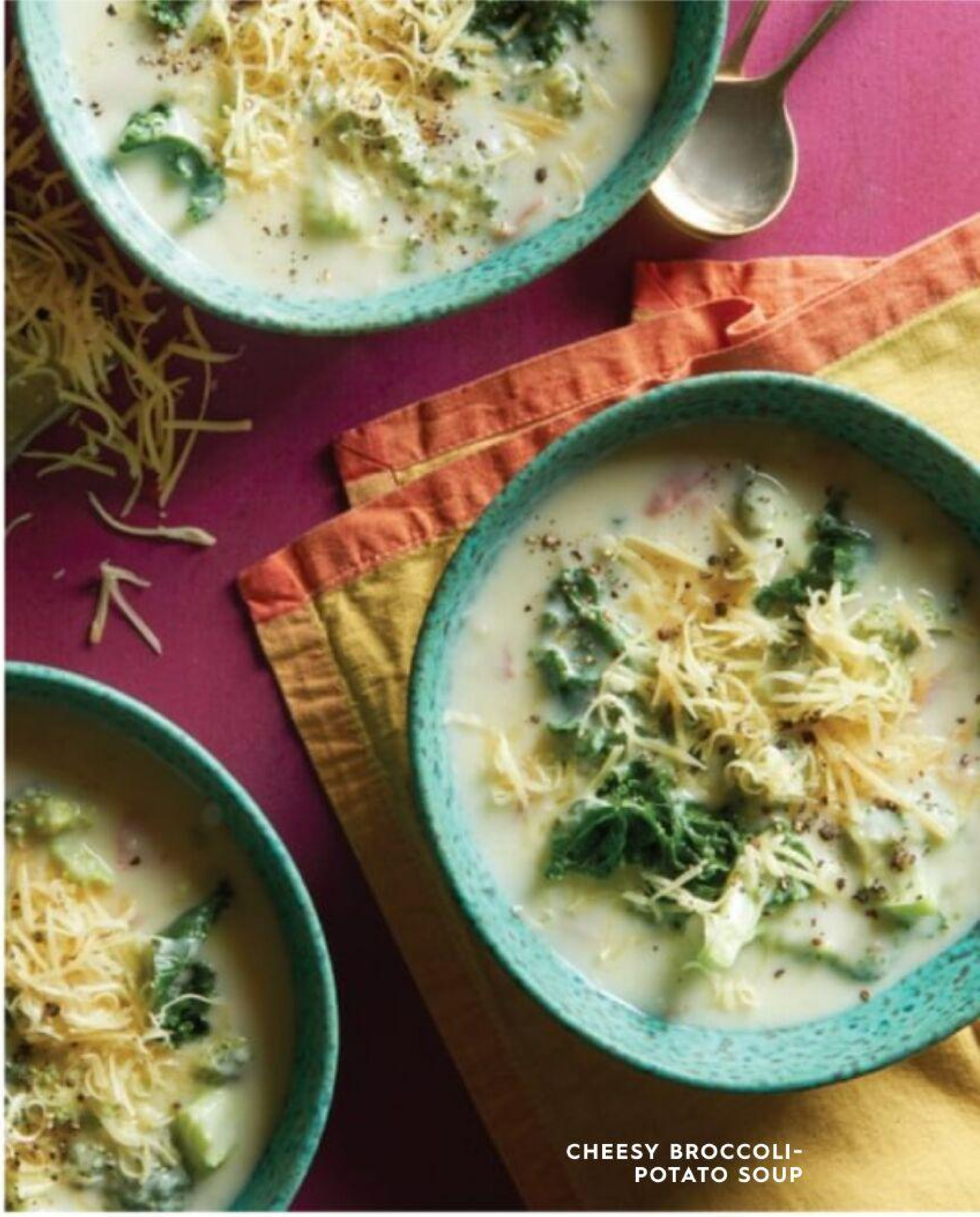
HANDS-ON TIME 25 minutes
COOK 25 minutes

- **1 lb. fresh or frozen skinless salmon fillets**
- **1 Tbsp. butter**
- **½ cup chopped fennel bulb (fronds reserved)**
- **2 cloves garlic, minced**
- **1 32-oz. carton reduced-sodium chicken or vegetable broth**
- **1¼ lb. Yukon gold potatoes, peeled (if desired) and cut into ½-inch pieces**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **1½ cups half-and-half**
- **2 Tbsp. all-purpose flour**
- **1 tsp. lemon zest**

1. Thaw fish, if frozen. Rinse fish and pat dry. Cut into 1-inch pieces.
2. In a 4-qt. Dutch oven melt butter over medium heat. Add chopped fennel; cook 5 to 6 minutes or until tender, stirring occasionally. Add garlic; cook and stir 1 minute more.
3. Add the next four ingredients (through pepper). Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes or until potatoes are tender.
4. In a bowl combine 1 cup of the half-and-half and the flour; stir into soup. Cook and stir until slightly thick and bubbly. Stir in fish. Return just to boiling; reduce heat. Simmer gently, uncovered, 3 to 5 minutes or until fish flakes easily. Stir in remaining ½ cup half-and-half; heat through. Stir in lemon zest.
5. Coarsely snip fennel fronds and sprinkle over chowder.
Makes 6 servings.

EACH SERVING *286 cal., 14 g fat (6 g sat. fat), 69 mg chol., 651 mg sodium, 20 g carb., 2 g fiber, 4 g sugars, 21 g pro.*

CREAMY CAJUN SHRIMP DUMPLING POT PIE



CHEESY BROCCOLI-POTATO SOUP

CREAMY CAJUN SHRIMP DUMPLING POT PIE

HANDS-ON TIME 30 minutes
COOK 20 minutes

- **1 Tbsp. butter**
- **1 lb. peeled and deveined uncooked shrimp, coarsely chopped**
- **1½ tsp. Cajun seasoning**
- **8 oz. cooked andouille sausage, cut into ½-inch pieces**
- **1 small onion, chopped**
- **1 stalk celery, chopped**
- **½ cup chopped green bell pepper**
- **1 14.5-oz. can chicken broth**
- **1 large red or gold potato, peeled (if desired) and cut into ½-inch pieces**
- **¾ cup heavy cream**
- **2 Tbsp. all-purpose flour**
- **Cornmeal Dumplings (recipe follows)**
- **Snipped fresh parsley (optional)**

1. In a 4- to 6-qt. Dutch oven melt butter over medium-high heat. Add shrimp and ½ tsp. of the Cajun seasoning. Cook and stir until shrimp are opaque, 3 to 4 minutes; transfer to a bowl.

2. Add the next four ingredients (through bell pepper) to the Dutch oven. Cook and stir 7 to 10 minutes or until onion is tender. Add chicken broth and potato. Bring mixture to boiling. Reduce heat and simmer, covered, about 10 minutes or until potato is tender. In a small bowl whisk together cream and flour; whisk into Dutch oven. Cook and stir about 3 minutes or until mixture is thickened. Remove from heat; stir in the shrimp and remaining Cajun seasoning.

3. Drop Cornmeal Dumplings in 10 mounds over mixture. Cover and simmer 10 to 12 minutes or until a toothpick inserted in center of dumplings comes out clean (don't lift lid during cooking). If desired, sprinkle with parsley. **Makes 4 servings.**

EACH SERVING *673 cal., 40 g fat (22 g sat. fat), 353 mg chol., 1,489 mg sodium, 37 g carb., 3 g fiber, 5 g sugars, 44 g pro.*

CORNMEAL DUMPLINGS In a medium bowl combine ½ cup all-purpose flour, ½ cup shredded cheddar cheese, ⅓ cup yellow cornmeal, 1 tsp. baking powder, and ¼ tsp. salt. In a small bowl combine 1 egg, 2 Tbsp. milk, and 2 Tbsp. melted butter. Add egg mixture to flour mixture. Stir with a fork until moistened.

CHEESY BROCCOLI-POTATO SOUP

START TO FINISH 25 minutes

- **2 cups chopped red potatoes**
- **1 14.5-oz. can reduced-sodium chicken broth**
- **3 cups small broccoli florets**
- **2 cups milk**
- **2 cups shredded smoked Gouda cheese (8 oz.)**
- **3 Tbsp. all-purpose flour**
- **Black pepper**
- **2 cups winter greens, such as curly endive, chicory, escarole, and/or spinach**

Shredded smoked Gouda cheese (optional)

1. In a large saucepan combine potatoes and broth. Bring to boiling; reduce heat. Simmer, covered, 8 minutes. Mash potatoes slightly. Stir in broccoli and milk; bring just to simmering.
2. In a medium bowl toss together cheese and flour. Gradually add cheese to potato mixture, stirring until melted. Season to taste with pepper. Top servings with greens and, if desired, additional cheese. **Makes 4 servings.**

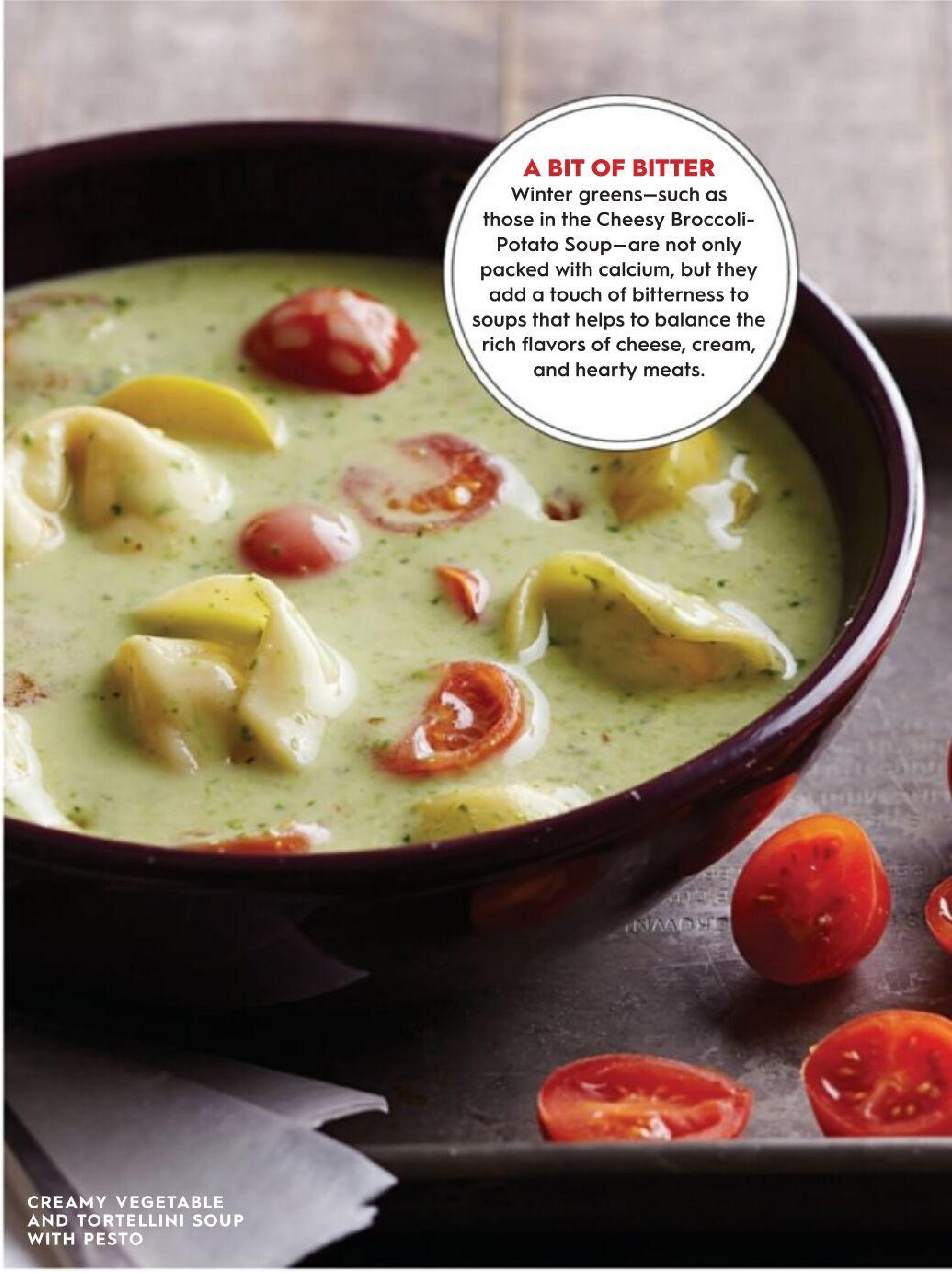
EACH SERVING *365 cal., 18 g fat (11 g sat. fat), 74 mg chol., 782 mg sodium, 28 g carb., 4 g fiber, 10 g sugars, 23 g pro.*

PUMPKIN SOUP WITH LENTILS

HANDS-ON TIME 10 minutes
COOK 30 minutes

1 small sweet onion, cut into wedges
1 yellow bell pepper, sliced
½ cup yellow lentils, rinsed and well drained
1 Tbsp. olive oil
1 26-oz. carton chicken stock
1 15-oz. can pumpkin
2 tsp. grated fresh ginger
1 tsp. curry powder
1 tsp. ground cumin
¼ tsp. salt
¼ tsp. black pepper
Freshly grated nutmeg (optional)
Snipped fresh Italian parsley (optional)

1. In a 4- to 5-qt. Dutch oven cook onion, bell pepper, and lentils in hot oil over medium-high heat 2 minutes. Whisk in the next seven ingredients (through black pepper). Bring to boiling; reduce heat. Simmer, covered, 25 minutes or until lentils are tender, stirring occasionally.
2. If desired, top with nutmeg and parsley. **Makes 4 servings.**



A BIT OF BITTER
Winter greens—such as those in the Cheesy Broccoli-Potato Soup—are not only packed with calcium, but they add a touch of bitterness to soups that helps to balance the rich flavors of cheese, cream, and hearty meats.

CREAMY VEGETABLE AND TORTELLINI SOUP WITH PESTO

EACH SERVING *189 cal., 4 g fat (1 g sat. fat), 548 mg sodium, 29 g carb., 11 g fiber, 7 g sugars, 11 g pro.*

CREAMY VEGETABLE AND TORTELLINI SOUP WITH PESTO

HANDS-ON TIME 15 minutes
COOK 10 minutes

2 14.5-oz. cans reduced-sodium chicken or vegetable broth
1 15-oz. jar Alfredo pasta sauce
1 9-oz. pkg. refrigerated cheese-filled tortellini
1¼ cups chopped yellow summer squash
½ cup chopped cherry tomatoes
⅓ cup basil pesto

1. In a 4-qt. Dutch oven combine first five ingredients (through tomatoes). Bring to boiling; reduce heat. Simmer 7 to 9 minutes or until squash and tortellini are just tender, stirring occasionally. Before serving, stir in pesto. **Makes 6 servings.**

EACH SERVING *329 cal., 20 g fat (8 g sat. fat), 80 mg chol., 1,115 mg sodium, 27 g carb., 2 g fiber, 5 g sugars, 12 g pro.*

MUSHROOM-MISO SOUP

KNOW YOUR MISO. THERE ARE THREE TYPES OF MISO—A FERMENTED SOYBEAN PASTE—AVAILABLE AT THE SUPERMARKET. WHITE IS THE MOST MILD, YELLOW IS SLIGHTLY STRONGER IN FLAVOR, AND RED MISO IS THE MOST PUNGENT.

MUSHROOM-MISO SOUP

START TO FINISH 20 minutes

- **6 oz. dried thin rice noodles**
- **2 cloves garlic, thinly sliced**
- **½ tsp. salt**
- **¼ cup white miso paste**
- **16 oz. fresh button mushrooms, thinly sliced**
- **½ cup thinly bias-sliced green onions**
- **2 Tbsp. lime juice**
- **Crushed red pepper and/or sesame seeds**
- **Soy sauce (optional)**

1. Cook noodles according to package directions; drain.

2. Meanwhile, in a 5- to 6-qt. Dutch oven bring 6 cups water, the garlic, and salt to boiling. In a small heatproof bowl whisk together miso paste and ½ cup of the hot water mixture until smooth; return to remaining hot water mixture in Dutch oven. Add mushrooms and green onions. Return to boiling; reduce heat to medium. Cook 2 minutes. Stir in noodles and lime juice; heat through.

3. Top servings with additional green onions, crushed red pepper, and/or sesame seeds. If desired, serve with soy sauce. **Makes 8 servings.**

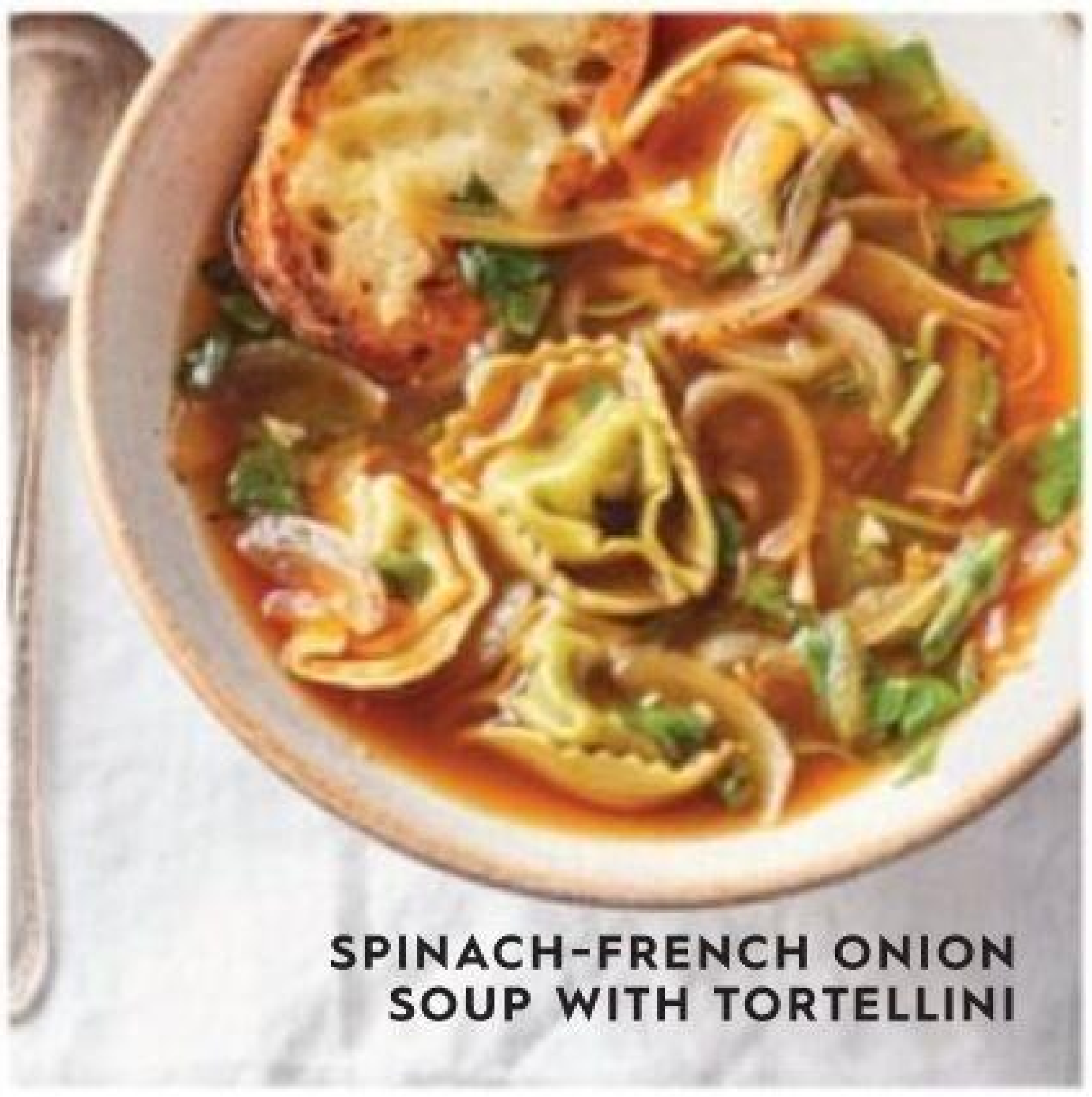
EACH SERVING *111 cal., 1 g fat (0 g sat. fat), 0 mg chol., 509 mg sodium, 22 g carb., 2 g fiber, 2 g sugars, 4 g pro.*

SPINACH-FRENCH ONION SOUP WITH TORTELLINI

START TO FINISH 45 minutes

- **3 Tbsp. olive oil**
- **3 cups sliced onions**
- **3 cloves garlic, minced**
- **6 cups reduced-sodium beef broth**
- **1 cup water**
- **2 Tbsp. Worcestershire sauce**
- **1 9- to 10-oz. pkg. refrigerated spinach- and cheese-filled tortellini**
- **1 5-oz. pkg. fresh spinach, chopped**
- **2 Tbsp. dry sherry or red wine vinegar**
- **Salt and black pepper**
- **6 ½-inch slices baguette-style French bread**
- **½ to ¾ cup shredded Gruyère cheese (2 to 3 oz.)**

1. In a 4- to 5-qt. Dutch oven heat 2 Tbsp. of the oil over medium heat. Add onions; cook 20 to 25 minutes or until golden, stirring occasionally. (Reduce heat slightly if needed to keep onions from burning.) Add garlic; cook and stir 1 minute more. Add broth, the water, and Worcestershire sauce, scraping up any crusty browned bits.



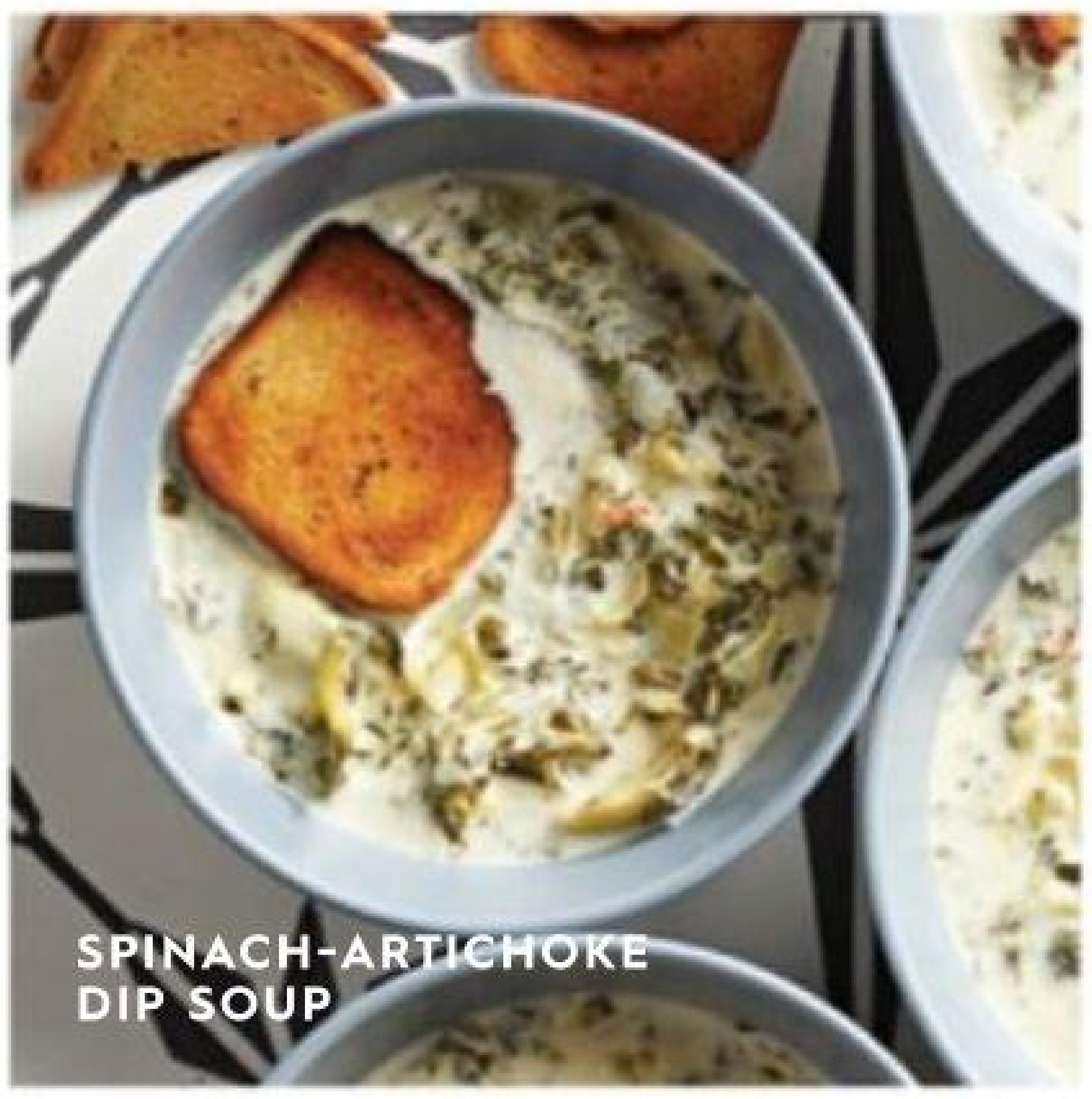
SPINACH-FRENCH ONION SOUP WITH TORTELLINI

2. Bring to boiling. Stir in tortellini. Boil gently 5 to 7 minutes or until tender, stirring occasionally. Remove from heat. Stir in spinach and sherry. Season to taste with salt and pepper.

3. Meanwhile, preheat broiler. Brush bread slices with remaining 1 Tbsp. oil. Arrange on a baking sheet. Broil 4 inches from heat 2 minutes or until lightly toasted. Sprinkle with cheese. Broil 2 to 3 minutes more or until browned and bubbly. Serve soup topped with cheesy bread slices. **Makes 6 servings.**

EACH SERVING *319 cal., 13 g fat (4 g sat. fat), 32 mg chol., 1,034 mg sodium, 37 g carb., 3 g fiber, 6 g sugars, 14 g pro.*

SPEEDY SOUP. FOR FASTER PREP TIME, LOOK FOR PRECUT VEGETABLES IN THE PRODUCE SECTION OF YOUR SUPERMARKET. NOT HAVING TO PEEL, SEED, AND CHOP A BUTTERNUT SQUASH CAN SHAVE A SIGNIFICANT AMOUNT OF TIME OFF MEAL PREP.


SPINACH-ARTICHOKE DIP SOUP

SPINACH-ARTICHOKE DIP SOUP

START TO FINISH 30 minutes

½ of a lemon
1 Tbsp. butter
1 cup chopped onion
2 cloves garlic, minced
2 cups vegetable broth
1 cup half-and-half
¼ tsp. salt
⅛ tsp. crushed red pepper
1 14-oz. can artichoke hearts, drained and chopped
1 10-oz. pkg. frozen chopped spinach, thawed and well-drained
½ of an 8-oz. pkg. cream cheese, cut up and softened
Rye bread toasts (optional)

1. Remove 1 tsp. zest and squeeze 1½ Tbsp. juice from lemon half. In a large saucepan melt butter over medium heat. Add onion and garlic; cook 4 to 5 minutes or until tender, stirring occasionally. Add broth, half-and-half, salt, and crushed red pepper.
2. Bring to boiling. Add artichoke hearts, spinach, and cream cheese. Cook and stir until cheese is melted and mixture is creamy. Stir in lemon zest and juice. If desired, serve with rye bread toasts. **Makes 6 servings.**

EACH SERVING *182 cal., 13 g fat (8 g sat. fat), 38 mg chol., 470 mg sodium, 13 g carb., 4 g fiber, 5 g sugars, 5 g pro.*

SQUASH AND CURRIED NOODLE SOUP

START TO FINISH 30 minutes

2 lb. butternut squash, peeled and cut into 1-inch pieces (5 cups)
8 oz. dried lo mein noodles
1 Tbsp. vegetable oil
1½ tsp. curry powder
½ tsp. ground turmeric
4 cups reduced-sodium chicken or vegetable broth
1 14-oz. can unsweetened coconut milk
1 6-oz. pkg. fresh baby spinach
1½ tsp. lime zest
Kosher salt
Lime wedges

1. In a 5- to 6-qt. Dutch oven bring a large amount of salted water to boiling. Add squash; reduce heat to medium. Cook, covered, 5 minutes. Add noodles. Cook, uncovered, 4 to 6 minutes or until noodles are just tender; drain in a colander.
2. In Dutch oven heat oil over medium-high heat. Add curry powder and turmeric; cook and stir 1 minute. Add broth and coconut milk; bring to boiling. Stir in cooked noodles and squash; return to boiling. Stir in spinach. Remove from heat. Stir in lime zest and season to taste with salt. Serve with lime wedges. **Makes 6 servings.**

EACH SERVING *324 cal., 13 g fat (9 g sat. fat), 680 mg sodium, 44 g carb., 4 g fiber, 3 g sugars, 7 g pro.*

VENEZUELAN-STYLE BLACK BEAN SOUP

HANDS-ON TIME 20 minutes
COOK 20 minutes

2 Tbsp. canola oil
½ cup finely chopped onion
⅓ cup finely chopped leek
2 cloves garlic, minced
3 cups reduced-sodium chicken broth
3 cups water
2 15-oz. cans no-salt-added black beans, rinsed and drained, or 3 cups cooked black beans
2 tsp. packed brown sugar
1 tsp. dried oregano, crushed
½ tsp. ground cumin
2 bay leaves
¼ tsp. salt
¼ tsp. black pepper
1 cup seasoned croutons

1. In a 4- to 5-qt. Dutch oven heat oil over medium heat. Add onion, leek, and garlic; cook and stir about 5 minutes or until tender. Add next nine ingredients (through black pepper). Bring to boiling; reduce heat. Simmer, uncovered, 15 minutes.
2. Remove and discard bay leaves. Coarsely mash beans using a potato masher. Serve soup topped with croutons. **Makes 4 servings.**

EACH SERVING *295 cal., 9 g fat (1 g sat. fat), 1 mg chol., 1,363 mg sodium, 40 g carb., 7 g fiber, 5 g sugars, 13 g pro.*

SQUASH AND CURRIED
NOODLE SOUP

BLACK VINEGAR

Black vinegar is a condiment used in Chinese cooking. Regular vinegar is mostly sour, while black vinegar is far more complex, adding a distinctive umami earthiness to dishes. Look for it at Asian markets.

SZECHUAN DAN DAN NOODLES

SZECHUAN DAN DAN NOODLES

START TO FINISH 50 minutes

1 Tbsp. canola oil
2 tsp. Szechuan peppercorns or 4 dried Thai chile peppers
1 lb. ground pork
4 cloves garlic, minced
1 tsp. Chinese five-spice powder
1 medium carrot, cut into thin, bite-size strips
2 medium shallots, thinly sliced
8 cups reduced-sodium chicken broth
2 Tbsp. black bean sauce or paste
6 oz. dried lo mein noodles
2 cups trimmed and thinly sliced Chinese broccoli or Broccolini
1 cup fresh snow pea pods, trimmed and thinly sliced lengthwise
2 Tbsp. black vinegar (tip, *opposite*)
½ cup chopped lightly salted cocktail peanuts

1. In a 5- to 6-qt. Dutch oven heat oil and peppercorns over medium heat 1 to 2 minutes or until peppercorns are fragrant, stirring occasionally. Remove from heat. Let stand 2 minutes. Remove and discard peppercorns, reserving oil.
2. Add ground pork, garlic, and five-spice powder to oil in Dutch oven. Cook over medium-high heat until meat is browned. Using a slotted spoon, remove meat. Add carrot and shallots to drippings. Cook 2 minutes, stirring occasionally.
3. Add broth and bean sauce to Dutch oven. Bring to boiling. Add noodles; return to boiling. Cook according to noodle package directions until tender, stirring occasionally and adding broccoli the last 2 minutes. Stir in cooked meat and pea pods; cook 2 minutes more. Stir in vinegar. Top servings with peanuts. **Makes 6 servings.**

EACH SERVING *397 cal., 20 g fat (5 g sat. fat), 51 mg chol., 1,178 mg sodium, 30 g carb., 3 g fiber, 4 g sugars, 25 g pro.*

RAMEN NOODLE BOWL

RAMEN NOODLE BOWL

START TO FINISH 40 minutes

2 3-oz. pkg. ramen noodles (any flavor), seasoning packets discarded
8 oz. baby bok choy, quartered lengthwise
4 cups reduced-sodium chicken or vegetable broth
¼ cup white miso paste
2 Tbsp. reduced-sodium soy sauce
1½ cups sliced, stemmed fresh shiitake mushrooms
1 cup coarsely shredded carrots
6 soft-boiled eggs
Toasted sesame oil or chili oil, chopped roasted cashews or peanuts, and/or fresh cilantro (optional)

1. In a large saucepan cook noodles in boiling lightly salted water according to package directions; drain. Rinse with cold water; drain again. Divide noodles among soup bowls. Top with bok choy.
2. In saucepan bring broth and 2 cups water to simmering over medium-high heat. Whisk in miso paste and soy sauce. Add mushrooms and carrots; return to simmering. Cook 1 to 3 minutes or until carrots are crisp-tender.
3. Ladle broth mixture over noodles and bok choy. Top with soft-boiled eggs. If desired, drizzle with sesame oil and sprinkle with cashews and/or cilantro. **Makes 6 servings.**

EACH SERVING *206 cal., 4 g fat (1 g sat. fat), 124 mg chol., 1,175 mg sodium, 31 g carb., 3 g fiber, 5 g sugars, 13 g pro.*

NOODLE BOWL WITH TOFU AND POACHED EGGS

NOODLE BOWL WITH TOFU AND POACHED EGGS

HANDS-ON TIME 45 minutes
MARINATE 2 hours

- ½ **cup chopped green onions**
- ¼ **cup mirin (rice wine)**
- 2 **Tbsp. honey**
- 1 **to 2 Tbsp. sriracha sauce**
- 1 **16- to 18-oz. pkg. firm or extra-firm water-packed tofu, drained and cut into 4 slices**
- 2 **Tbsp. canola oil**
- 1 **cup thinly sliced, stemmed fresh shiitake mushrooms**
- 1 **cup thin, bite-size carrot strips**
- 4 **cups vegetable broth**
- 2 **cups water**
- 4 **oz. dried udon noodles**
- 2 **cups finely shredded napa cabbage**
- 4 **Poached Eggs (recipe follows)**
- **Crushed red pepper**

1. For marinade, in a small baking dish combine ¼ cup of the green onions, the mirin, honey, and sriracha sauce. Add tofu, turning to coat. Cover and marinate in refrigerator 2 to 24 hours, turning tofu once or twice. Drain tofu, reserving any marinade.

2. Preheat oven to 200°F. In a 10-inch nonstick skillet heat oil over medium-high heat. Add tofu; cook 4 to 6 minutes or until lightly browned, turning once. Transfer to a pan lined with parchment paper; keep warm in oven.

3. In skillet cook and stir mushrooms, carrots, and remaining ¼ cup green onions over medium-high heat 2 to 3 minutes. Add broth and the water. Bring to boiling. Stir in noodles; return to boiling. Cook noodles according to package directions. Stir in reserved marinade.

4. Divide cabbage among soup bowls. Ladle noodle mixture over cabbage. Top with tofu, Poached Eggs, and crushed red pepper. **Makes 4 servings.**

POACHED EGGS In a 10-inch skillet bring 4 cups water and 1 Tbsp. vinegar to boiling. Reduce heat to simmer. Break an egg into a cup. Hold the lip of the cup close to the water and slip the whole egg into the water at once. Repeat with remaining eggs. Simmer, uncovered, 3 to 5 minutes or until whites are completely set and yolks begin to thicken but are not hard. Using a slotted spoon, remove from the skillet, letting water drain from eggs.

EACH SERVING *456 cal., 20 g fat (3 g sat. fat), 240 mg chol., 1,142 mg sodium, 49 g carb., 4 g fiber, 20 g sugars, 24 g pro.*

SPICY MOROCCAN VEGETABLE STEW

HANDS-ON TIME 25 minutes
COOK 20 minutes

- 1 **Tbsp. olive oil**
- 1 **small bulb fennel, cored and chopped (reserve fronds)**
- 1 **cup sliced carrots**
- ¾ **cup chopped onion**
- 2 **cloves garlic, minced**
- 1½ **tsp. grated fresh ginger**
- ½ **tsp. salt**
- ½ **tsp. ground turmeric**
- ¼ **tsp. ground cinnamon**
- 4 **cups reduced-sodium vegetable or chicken broth**
- ¾ **cup dry lentils**
- ½ **cup apple cider or apple juice**
- 1 **15-oz. can fire-roasted diced tomatoes, undrained**
- 1 **15-oz. can chickpeas, rinsed and drained**

1. In a 5- to 6-qt. pot heat oil over medium-high heat. Add fennel and carrots; cook and stir 5 minutes. Add onion and garlic; cook and stir 10 to 12 minutes or until vegetables are tender. Add ginger, salt, turmeric, and cinnamon. Cook and stir 1 minute more.

2. Add broth, lentils, and apple cider to vegetable mixture in pot. Bring to boiling; reduce heat. Simmer, covered, 15 minutes. Add tomatoes; simmer 5 to 10 minutes more or until lentils are tender. Add chickpeas; heat through. Top servings with fennel fronds. **Makes 7 servings.**

EACH SERVING *186 cal., 3 g fat (0 g sat. fat), 0 mg chol., 474 mg sodium, 32 g carb., 9 g fiber, 7 g sugars, 9 g pro.*

SPICY MOROCCAN
VEGETABLE STEW

CHICKPEA, LENTIL, AND SWEET POTATO STEW

CHICKPEA, LENTIL, AND SWEET POTATO STEW

HANDS-ON TIME 35 minutes
COOK 35 minutes

- **1 Tbsp. butter**
- **1½ cups chopped sweet onion**
- **2 cups finely shredded kale**
- **1 recipe Spice Blend (recipe follows)**
- **6 cups vegetable broth**
- **1 15-oz. can chickpeas, rinsed and drained**
- **1 14.5-oz. can diced tomatoes, undrained**
- **3 large russet potatoes, peeled and cut into ½-inch pieces (4 cups)**
- **2 medium sweet potatoes, peeled and cut into ½-inch pieces (3 cups)**
- **2½ cups chopped carrots**
- **1 cup dry lentils, rinsed and drained**
- **½ cup chopped dried apricots**
- **1 Tbsp. honey**
- **½ tsp. black pepper**

1. In a 6-qt. Dutch oven melt butter over medium heat. Add onion; cook and stir about 5 minutes or until soft and just beginning to brown. Stir in kale and Spice Blend; cook and stir 1 to 2 minutes or until kale begins to wilt and spices are fragrant.

2. Stir in next nine ingredients (through honey). Bring to boiling; reduce heat. Simmer, covered, about 35 minutes or until vegetables and lentils are tender, stirring occasionally. Stir in pepper. **Makes 10 servings.**

SPICE BLEND In a small bowl combine 1 tsp. each kosher salt, ground cinnamon, and ground cumin; ½ tsp. ground ginger; ¼ tsp. each ground cloves, ground nutmeg, and ground turmeric; and ⅛ tsp. curry powder.

EACH SERVING *262 cal., 3 g fat (1 g sat. fat), 3 mg chol., 705 mg sodium, 52 g carb., 9 g fiber, 12 g sugars, 10 g pro.*

RED CURRY WITH BUTTERNUT SQUASH

RED CURRY WITH BUTTERNUT SQUASH

START TO FINISH 30 minutes

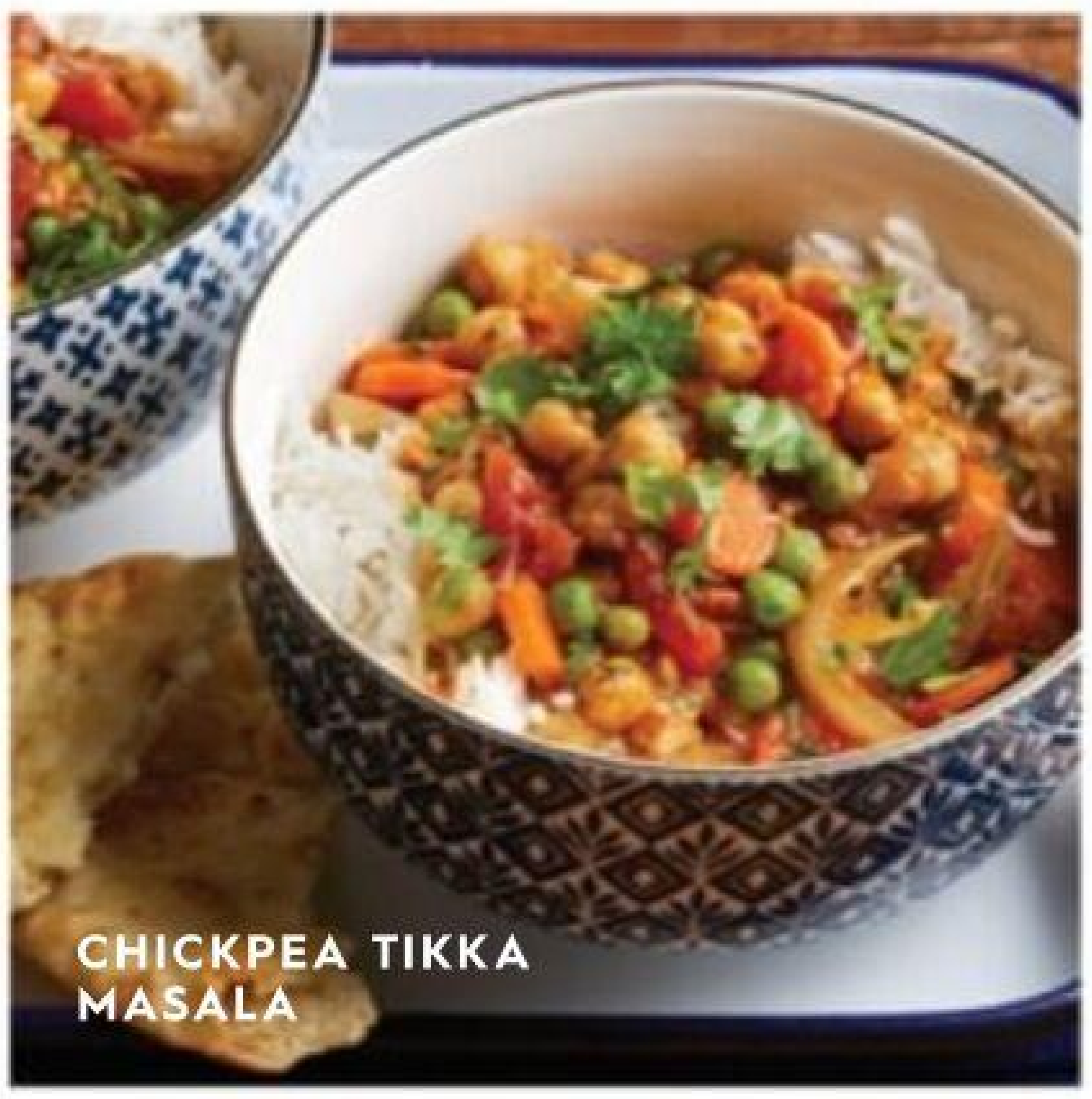
- **¾ cup halved and sliced onion**
- **1 Tbsp. coconut oil or canola oil**
- **¼ cup red curry paste**
- **1 14.5-oz. can reduced-sodium chicken broth**
- **1 14-oz. can unsweetened coconut milk**
- **3 Tbsp. fish sauce**
- **1 Tbsp. honey**
- **1 lb. skinless, boneless chicken thighs, cut into bite-size pieces**
- **4½ cups peeled and cubed butternut squash**
- **1 cup bite-size strips red bell pepper**
- **1 cup coarsely chopped fresh Thai basil or basil**
- **Hot cooked brown rice (optional)**

1. In a 5- to 6-qt. Dutch oven cook onion in hot oil over medium heat about 2 minutes or just until beginning to soften, stirring occasionally. Stir in curry paste. Add broth, coconut milk, fish sauce, and honey. Bring to boiling.

2. Stir in chicken and squash. Return to boiling; reduce heat. Simmer, uncovered, 8 to 10 minutes or until chicken is cooked through and squash is tender. Remove from heat. Stir in bell pepper and basil. If you like, serve over rice. **Makes 6 servings.**

EACH SERVING *313 cal., 16 g fat (12 g sat. fat), 71 mg chol., 1,194 mg sodium, 22 g carb., 4 g fiber, 8 g sugars, 19 g pro.*

DRAIN, RINSE, REPEAT. MOST RECIPES CALLING FOR CANNED BEANS REQUIRE RINSING AND DRAINING THEM. THIS IS TO WASH AWAY THE CANNING LIQUID AND—AT THE SAME TIME—ABOUT 40 PERCENT OF THE SODIUM.



CHICKPEA TIKKA MASALA

CHICKPEA TIKKA MASALA

HANDS-ON TIME 20 minutes
COOK 20 minutes

- **2 Tbsp. vegetable oil**
- **1 large onion, cut into wedges (1½ cups)**
- **4 cloves garlic, minced**
- **2 15-oz. cans chickpeas, rinsed and drained**
- **4 carrots, thinly sliced**
- **1 15-oz. jar tikka masala curry simmer sauce**
- **½ cup vegetable broth**
- **1 14.5-oz. can diced tomatoes, undrained**
- **1 cup frozen peas**
- **⅓ cup chopped fresh cilantro**
- **Salt**
- **Hot cooked basmati rice**

1. In a 4- to 5-qt. pot heat oil over medium heat. Add onion and garlic. Cook and stir for 5 to 6 minutes or until tender. Stir in the next four ingredients (through broth). Bring to boiling; reduce heat. Cover and simmer 15 minutes.

2. Stir in tomatoes and peas. Return to boiling; reduce heat. Cover and simmer 5 minutes more. Stir in cilantro. Season to taste with salt. Serve over rice. **Makes 6 servings.**

EACH SERVING *383 cal., 11 g fat (4 g sat. fat), 11 mg chol., 998 mg sodium, 61 g carb., 10 g fiber, 13 g sugars, 11 g pro.*

BEYOND CHICKEN TIKKA

It might have started with chicken tikka masala, but the rich and creamy combination of spices, tomatoes, and cream is so delicious, it can be applied to lamb, fish, tofu—even chickpeas.

THREE-BEAN WHITE CHILI

HANDS-ON TIME 20 minutes
COOK 20 minutes
STAND 5 minutes

- **4 cloves garlic, minced**
- **1½ cups chopped onions**
- **2 fresh poblano peppers, chopped (tip, *p. 23*)**
- **2 tsp. vegetable oil**
- **2 15-oz. cans cannellini beans, rinsed and drained**
- **1 15-oz. can black-eyed peas, rinsed and drained**
- **1 15-oz. can pinto beans or navy beans, rinsed and drained**
- **1 15-oz. can golden hominy, rinsed and drained**
- **2 14.5-oz. cans reduced-sodium chicken broth**
- **2 tsp. ground cumin**
- **1 tsp. dried oregano, crushed**
- **1 8-oz. container sour cream**
- **2 Tbsp. chopped fresh cilantro**
- **Salt and black pepper**
- **Toppers: Sliced avocado, radishes, roasted pumpkin seeds (pepitas), crumbled Cotija cheese, lime wedges, hot sauce**

1. In a 4- to 5-qt. pot cook and stir garlic, onions, and poblano peppers in hot oil over medium heat 5 minutes or until onion is tender. Remove from heat.

2. Add one can of the cannellini beans; mash until nearly smooth. Stir in remaining cannellini beans and the next six ingredients (through oregano).

3. Bring to boiling; reduce heat. Simmer, uncovered, 20 minutes, stirring occasionally. Remove from heat. Stir in sour cream. Cover and let stand 5 minutes or until heated through. Stir in cilantro. Season to taste with salt and black pepper. Serve with desired toppers. **Makes 6 servings.**

EACH SERVING *363 cal., 11 g fat (4 g sat. fat), 22 mg chol., 862 mg sodium, 56 g carb., 11 g fiber, 6 g sugars, 19 g pro.*

THREE-BEAN WHITE CHILI

VEGETARIAN CHILI MAC

PORTOBELLO POT ROAST

VEGETARIAN CHILI MAC

START TO FINISH 30 minutes

3 cups dried rigatoni or macaroni
1 15- to 16-oz. can kidney, pinto, black, or cannellini beans, rinsed and drained
1 14.5-oz. can diced tomatoes, undrained
1 medium green or red bell pepper, chopped
½ cup chopped onion
2 cloves garlic, minced
1½ Tbsp. chili powder
1 tsp. cumin
3 cups reduced-sodium vegetable broth or water
2 5-oz. pkg. fresh baby spinach
1 cup shredded sharp cheddar cheese (4 oz.)
½ tsp. salt
½ tsp. black pepper
Chopped fresh parsley

1. In a 6-qt. Dutch oven combine first eight ingredients (through cumin). Stir in broth. Bring to boiling; reduce heat. Simmer, covered, 5 minutes.

2. Stir in spinach (pot will be full). Return to boiling; reduce heat. Simmer, covered, about 10 minutes or until pasta is tender, stirring once. Remove from heat. Add cheese, salt, and pepper; stir until cheese is melted. Top servings with parsley.

Makes 6 servings.

EACH SERVING *386 cal., 8 g fat (4 g sat. fat), 19 mg chol., 683 mg sodium, 61 g carb., 8 g fiber, 6 g sugars, 17 g pro.*

PORTOBELLO POT ROAST

HANDS-ON TIME 15 minutes
BAKE 45 minutes at 375°F

12 oz. baby yellow potatoes, halved if large
8 4-inch portobello mushrooms, stemmed and, if desired, gills removed
1 sweet onion, cut into 8 wedges
12 oz. baby carrots with ½-inch tops
3 cloves garlic, sliced
½ cup dry white wine
1 Tbsp. chopped fresh oregano
2 Tbsp. olive oil
1 tsp. kosher salt
½ tsp. black pepper
Grated fresh horseradish (optional)

1. Preheat oven to 375°F. In a 6-qt. Dutch oven layer potatoes, mushrooms, onion, carrots, and garlic. Add wine and oregano. Drizzle with oil; sprinkle with salt and pepper. Bake, covered, 45 to 60 minutes or until vegetables are tender, stirring once or twice.

2. Transfer Dutch oven to stovetop. Using a slotted spoon, transfer vegetables to a platter. Bring cooking liquid to boiling. Boil gently, uncovered, about 5 minutes or until reduced by half. Pour liquid over vegetables. If desired, sprinkle with horseradish.

Makes 4 servings.

EACH SERVING *278 cal., 8 g fat (1 g sat. fat), 405 mg sodium, 43 g carb., 8 g fiber, 15 g sugars, 8 g pro.*

SAUSAGE AND SPINACH SKILLET PIZZA
Recipe on p. 219

SALADS, SANDWICHES & PIZZAS

Whether you're in the mood for a fresh and crunchy main-dish salad or something fun you can eat with your hands on movie night, you'll find your perfect recipe here.

BULGOGI BEEF AND VEGETABLE BOWLS

250 mL)
PELLEGRINO.COM

BULGOGI BEEF AND VEGETABLE BOWLS

HANDS-ON TIME 35 minutes
MARINATE 4 hours

- **1 lb. boneless beef sirloin steak, trimmed**
- **½ cup coarsely chopped onion**
- **¼ cup honey**
- **2 Tbsp. reduced-sodium soy sauce**
- **2 Tbsp. toasted sesame oil**
- **1 Tbsp. finely chopped fresh ginger**
- **4 cloves garlic, halved**
- **Nonstick cooking spray**
- **1⅓ cups cooked brown rice***
- **1 cup coarsely shredded carrots**
- **1 cup shredded red cabbage**
- **¾ cup cooked small broccoli florets**
- **½ cup coarsely shredded seedless cucumber**
- **¼ cup snipped fresh cilantro or mint**
- **1 to 2 tsp. sriracha sauce**
- **½ cup kimchi (optional)**

1. Cut meat into very thin slices. Place meat in a resealable plastic bag set in a shallow dish. For marinade, in a blender or food processor combine onion, 2 Tbsp. of the honey, 2 Tbsp. water, the soy sauce, 1 Tbsp. of the oil, the ginger, and garlic. Cover and blend or process until smooth. Pour marinade over meat. Seal bag; turn to coat meat. Marinate in refrigerator 4 to 6 hours, turning bag occasionally.

2. Drain meat, discarding marinade. Coat a grill pan with cooking spray; heat over medium-high. Working in batches, add meat and cook 40 to 60 seconds or just until slightly pink in center, stirring frequently.

3. Divide meat, rice, carrots, cabbage, broccoli, and cucumber among shallow bowls, keeping ingredients in separate piles. In a small bowl combine the remaining 2 Tbsp. honey and 1 Tbsp. oil, 2 Tbsp. water, the cilantro, and sriracha. Top with honey mixture and, if desired, kimchi and additional cilantro or mint. **Makes 4 servings.**

***TIP** To cook the rice, in a medium saucepan bring ⅔ cup water to boiling. Stir in ⅓ cup uncooked long grain brown rice. Return to boiling; reduce heat. Simmer, covered, 35 to 45 minutes or until rice is tender and liquid is absorbed.

EACH SERVING *397 cal., 13 g fat (3 g sat. fat), 77 mg chol., 435 mg sodium, 43 g carb., 3 g fiber, 23 g sugars, 30 g pro.*

ASIAN BEEF AND CABBAGE SALAD

ASIAN BEEF AND CABBAGE SALAD

START TO FINISH 35 minutes

- **4 cups packaged shredded broccoli slaw mix**
- **3 cups packaged shredded cabbage with carrot (coleslaw mix)**
- **3 medium red bell peppers, cut into bite-size strips**
- **¾ cup snow pea pods, bias-sliced**
- **½ cup thinly sliced red onion**
- **½ cup light mayonnaise**
- **⅓ cup light Asian salad dressing**
- **3 Tbsp. rice vinegar**
- **2 Tbsp. lime juice**
- **2 Tbsp. reduced-sodium soy sauce**
- **Nonstick cooking spray**
- **1 lb. lean ground beef (95% lean)**
- **½ cup sliced green onions**
- **¼ cup fresh cilantro leaves**
- **1 jalapeño, seeded (if desired) and sliced (tip, *p. 23*) (optional)**

1. In a large bowl combine the first five ingredients (through red onion). Add mayonnaise and Asian dressing; toss to coat.

2. In a small bowl combine the next three ingredients (through soy sauce).

3. Coat a 10-inch nonstick skillet with cooking spray; heat skillet over medium. Add ground beef; cook until browned. Drain off fat. Stir in soy sauce mixture; cook until liquid is nearly evaporated. Remove from heat. Stir in green onions.

4. Serve meat mixture over slaw mixture. Top with cilantro and, if desired, jalapeño. **Makes 6 servings.**

EACH SERVING *239 cal., 10 g fat (3 g sat. fat), 50 mg chol., 555 mg sodium, 17 g carb., 3 g fiber, 9 g sugars, 19 g pro.*

CHEF'S SALAD

START TO FINISH 30 minutes

⅓	**cup olive oil**
¼	**cup malt or cider vinegar**
1	**Tbsp. chopped fresh dill**
1	**Tbsp. capers**
¼	**tsp. kosher salt**
1	**10-oz. container grape tomatoes, halved**
6	**cups torn iceberg lettuce**
6	**oz. cooked ham, cut into strips**
1	**cup shredded Basic Herb-Roasted Chicken (recipe *right*) or shredded rotisserie chicken**
4	**oz. cubed cheddar cheese**
4	**hard-boiled eggs, halved**
8	**slices toasted party rye bread***

1. In a medium bowl whisk together first five ingredients (through salt). Add tomatoes; let stand 15 minutes. Arrange remaining ingredients on a platter. Spoon tomatoes and dressing over top. **Makes 4 servings.**

***TIP** Party rye slices are too small for most toasters, so use a broiler to toast them. Place bread slices on a baking sheet; broil 4 inches from heat about 3 minutes until toasted, turning once.

EACH SERVING *521 cal., 36 g fat (10 g sat. fat), 271 mg chol., 1,214 mg sodium, 16 g carb., 3 g fiber, 6 g sugars, 32 g pro.*

BASIC HERB-ROASTED CHICKEN

HANDS-ON TIME 20 minutes
ROAST 1 hour 30 minutes at 375°F
STAND 10 minutes

1	**4- to 5-lb. whole broiler-fryer chicken**
2	**Tbsp. butter, softened**
2	**cloves garlic, minced**
1	**tsp. dried basil, crushed**
1	**tsp. dried sage, crushed**
½	**tsp. dried thyme, crushed**
¼	**tsp. salt**
¼	**tsp. black pepper**

1. Preheat oven to 375°F. Skewer neck skin of chicken to back; tie legs to tail. Twist wing tips under back. Place chicken, breast side up, on a rack in a shallow roasting pan.

2. Combine butter and garlic; spread over chicken. Stir together remaining ingredients; sprinkle over chicken.

3. Roast 1½ to 1¾ hours or until chicken is done (170°F in thigh) and drumsticks move easily in sockets, cutting string and covering with foil to prevent overbrowning after 1 hour. Remove from oven. Cover and let stand 10 minutes before carving. **Makes 4 servings.**

EACH SERVING *701 cal., 50 g fat (16 g sat. fat), 245 mg chol., 364 mg sodium, 1 g carb., 58 g pro.*

CHEF'S SALAD

ITALIAN ROASTED CHICKEN AND VEGETABLE TOSS

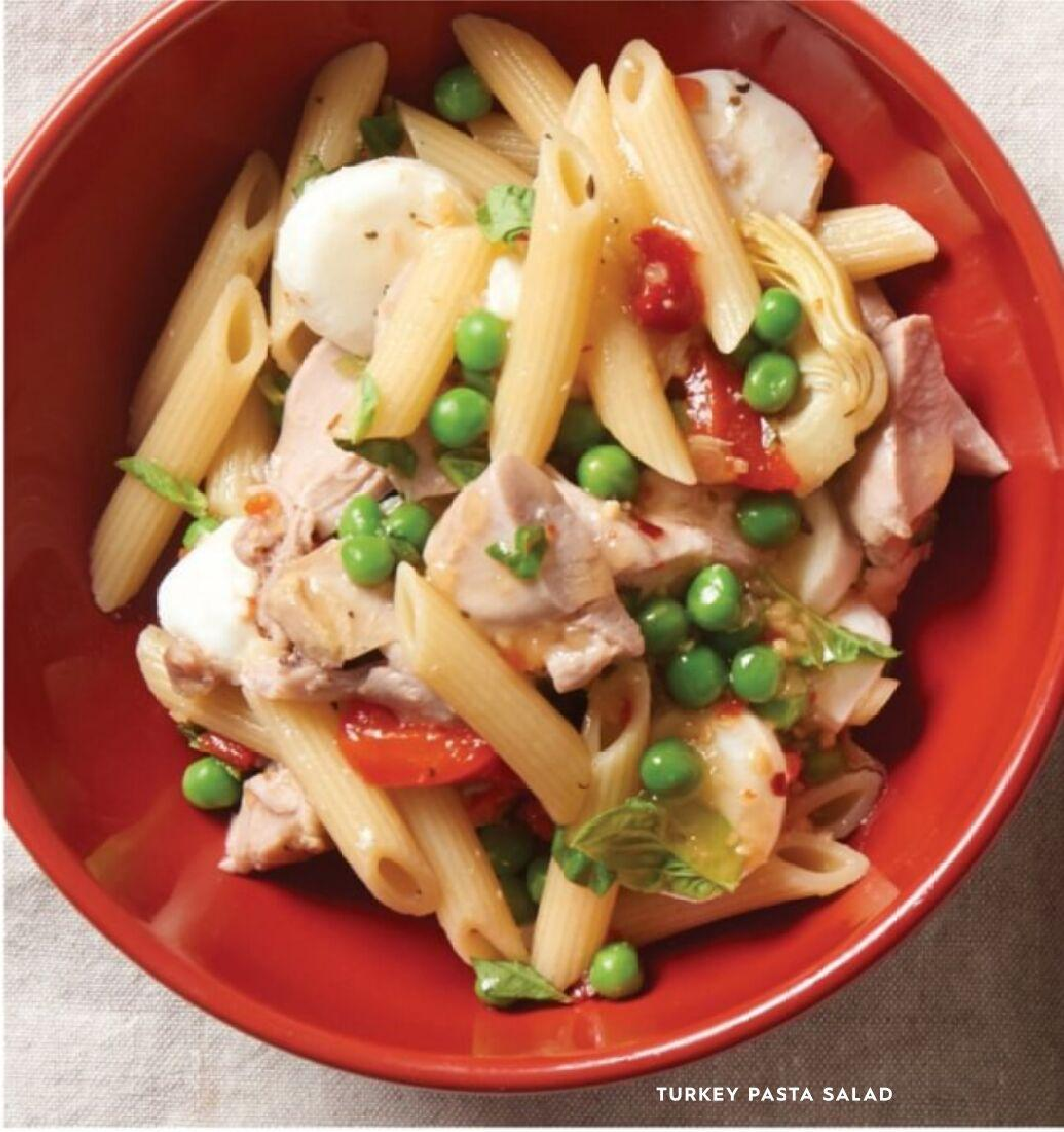
ITALIAN ROASTED CHICKEN AND VEGETABLE TOSS

HANDS-ON TIME 25 minutes
ROAST 50 minutes at 375°F

Nonstick cooking spray
2 **bone-in chicken breast (about 2 lb. total)**
1 **cup peeled fresh baby carrots**
1 **medium onion, cut into 8 wedges**
2 **medium zucchini, cut into 1-inch chunks**
1 **medium red or green bell pepper, cut into 1-inch chunks**
8 **oz. fresh mushrooms**
3 **Tbsp. olive oil**
¼ **tsp. salt**
¼ **tsp. black pepper**
2 **Tbsp. balsamic vinegar**
1 **tsp. dried Italian seasoning, crushed**
8 **oz. Mediterranean-blend salad greens**
¼ **cup shredded Parmesan cheese**

1. Preheat oven to 375°F. Coat a shallow roasting pan with cooking spray. Arrange chicken, skin sides up, in one half of the roasting pan. In the other half of the pan arrange carrots and onion wedges. Roast, uncovered, 25 minutes.
2. Remove pan from oven. Add zucchini, bell pepper, and mushrooms to the carrots and onion in pan. Drizzle chicken and vegetables with 2 Tbsp. of the oil and sprinkle with the salt and black pepper.
3. Roast, uncovered, 25 minutes more or until chicken is done (170°F) and vegetables are tender. Set chicken aside until cool enough to handle. Transfer vegetables to a bowl.
4. Remove and discard chicken skin and bones. Shred chicken using two forks. Add chicken and juices in pan to vegetables; toss. In a bowl whisk vinegar with the remaining 1 Tbsp. oil and the Italian seasoning. Add to chicken mixture; toss to coat.
5. Arrange salad greens on a platter. Spoon chicken mixture over greens. Top with cheese. **Makes 6 servings.**

EACH SERVING *249 cal., 14 g fat (3 g sat. fat), 70 mg chol., 235 mg sodium, 6 g carb., 2 g fiber, 4 g sugars, 25 g pro.*



TURKEY PASTA SALAD

TURKEY PASTA SALAD

START TO FINISH 25 minutes

8 **oz. dried penne pasta**
1 **cup frozen peas**
Reserved turkey from Turkey Thighs in Creamy Mustard Sauce *(p. 258)*
1 **cup bite-size fresh mozzarella balls or fresh mozzarella cheese cut into 1-inch pieces**
1 **6- to 7.5-oz. jar marinated artichoke hearts, drained and chopped**
⅔ **cup drained and chopped roasted red sweet peppers**
⅓ **cup chopped walnuts, toasted**
¼ **cup sliced green onions**
¼ **cup chopped fresh basil**
⅛ **to ¼ tsp. crushed red pepper**
¾ **cup Italian salad dressing**

1. Cook pasta according to package directions, adding frozen peas the last minute of cooking; drain. Rinse pasta with cold water; drain again. Meanwhile, remove and discard bones from reserved turkey thighs; chop turkey.
2. In a large bowl combine the cooked pasta and peas, turkey, and the remaining ingredients. Toss gently to coat. **Makes 6 servings.**

EACH SERVING *454 cal., 19 g fat (3 g sat. fat), 95 mg chol., 671 mg sodium, 40 g carb., 3 g fiber, 5 g sugars, 32 g pro.*

SPICY BLACK BEAN AND ROMAINE SALAD WITH GARLIC-LIME CREMA

SPICY BLACK BEAN AND ROMAINE SALAD WITH GARLIC-LIME CREMA

START TO FINISH 30 minutes

- **1 large lime**
- **¼ cup finely chopped red onion**
- **1 15-oz. can reduced-sodium black beans, rinsed and drained, or 1½ cups cooked black beans**
- **1 medium poblano pepper, seeded and cut into thin bite-size strips (tip, *p. 23*)**
- **1 cup cherry tomatoes, quartered**
- **½ cup frozen corn kernels, thawed**
- **⅓ cup light sour cream**
- **1 Tbsp. canola oil**
- **1 clove garlic, minced**
- **⅛ tsp. salt**
- **4 cups shredded fresh romaine lettuce**
- **1 medium avocado, halved, seeded, peeled, and sliced**
- **2 oz. Cotija cheese, crumbled, or ½ cup crumbled reduced-fat feta cheese**

1. Remove ½ tsp. zest and squeeze 3 Tbsp. juice from lime; set zest aside. In a small bowl combine onion and lime juice. Press down on onion to almost cover with juice. In a medium bowl combine black beans, poblano pepper, tomatoes, and corn.

2. For crema, spoon 2 Tbsp. of the lime juice from the bowl with onion into a small bowl. Whisk in sour cream, oil, garlic, salt, and reserved lime zest. Arrange lettuce, bean mixture, avocado, cheese, and onion on a platter. Drizzle with crema.

Makes 4 servings.

EACH SERVING *303 cal., 15 g fat (5 g sat. fat), 20 mg chol., 476 mg sodium, 34 g carb., 9 g fiber, 4 g sugars, 12 g pro.*

PINEAPPLE-BACON BARBECUE BURGERS

START TO FINISH 25 minutes

- **1 egg, lightly beaten**
- **6 slices lower-sodium, less-fat bacon, crisp-cooked and coarsely crumbled**
- **⅓ cup canned crushed pineapple (juice pack), drained**
- **1 lb. 95% lean ground beef**
- **Nonstick cooking spray**
- **6 Tbsp. barbecue sauce**
- **6 Hawaiian sweet rolls, split and toasted**
- **6 red leaf lettuce leaves**
- **6 tomato slices**
- **¼ cup very thinly sliced red onion**

1. In a large bowl combine egg, bacon, and pineapple. Add ground beef; mix well. Shape into six ¾-inch-thick patties.

2. Coat a grill pan with cooking spray; heat over medium-high. Add patties; cook 8 to 12 minutes or until done (160°F), turning once.*

3. Spread burgers with barbecue sauce. Serve burgers in rolls with lettuce, tomato, and onion.

***TIP** To check the doneness of a burger, insert an instant-read thermometer through the side of the patty to a depth of about 2 inches.

Makes 6 servings.

EACH SERVING *322 cal., 9 g fat (4 g sat. fat), 106 mg chol., 432 mg sodium, 35 g carb., 1 g fiber, 17 g sugars, 24 g pro.*

FRESH CORN

If you have access to fresh sweet corn on the cob from a farmers market and would like to use it in the Spicy Black Bean and Romaine Salad *(opposite)*, 1 small cob should yield just about ½ cup kernels. A medium cob will yield about ¾ cup.

PINEAPPLE-BACON BARBECUE BURGERS

MEATBALL HOAGIES

START TO FINISH 30 minutes

- **1 medium red or green bell pepper, cut into thin strips**
- **1 medium onion, thinly sliced**
- **1 Tbsp. olive oil**
- **½ recipe Basic Meatballls (recipe *right*) or one 16-oz. pkg. frozen cooked Italian-flavor meatballs**
- **2 cups marinara sauce**
- **¼ tsp. crushed red pepper**
- **6 hoagie buns or ciabatta rolls, split**
- **6 slices provolone cheese (6 oz.)**
- **¼ cup chopped fresh parsley (optional)**

1. In a large saucepan cook bell pepper and onion in hot oil 4 to 5 minutes or until crisp-tender, stirring occasionally. Stir in Basic Meatballs, marinara sauce, and crushed red pepper. Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until meatballs are heated through.

2. Divide meatball mixture among buns. Top with cheese. If desired, broil sandwiches and bun tops 4 to 5 inches from heat 1 to 2 minutes or until cheese is melted and buns are toasted. If desired, garnish with parsley. **Makes 6 servings.**

EACH SERVING *590 cal., 26 g fat (10 g sat. fat), 100 mg chol., 1,214 mg sodium, 56 g carb., 5 g fiber, 15 g sugars, 31 g pro.*

BASIC MEATBALLS

HANDS-ON TIME 25 minutes
BAKE 12 minutes at 375°F

- **Nonstick cooking spray**
- **2 eggs**
- **½ cup fine dry bread crumbs**
- **½ cup finely chopped onion**
- **¼ cup milk**
- **½ tsp. salt**
- **½ tsp. black pepper**
- **1 lb. ground beef**
- **1 lb. bulk pork sausage**

1. Preheat oven to 375°F. Lightly coat two 15×10-inch baking pans with cooking spray. In a large bowl lightly beat eggs with a fork. Stir in next five ingredients (through pepper). Add ground beef and sausage; mix well. Shape mixture into seventy-two 1-inch meatballs. Place meatballs in prepared pans. Bake 12 to 15 minutes or until meatballs are cooked through (160°F). Drain off fat.

2. Cool meatballs. Place meatballs in a single layer on a baking sheet lined with waxed paper or parchment paper. Freeze about 30 minutes or until firm. Transfer meatballs to resealable plastic bags or airtight containers. Freeze up to 3 months. Thaw overnight in refrigerator before using.

EACH SERVING *305 cal., 19 g fat (7 g sat. fat), 121 mg chol., 568 mg sodium, 7 g carb., 1 g fiber, 2 g sugars, 22 g pro.*

RECIPE-READY MEATBALLS. THE BASIC MEATBALLS RECIPE ABOVE MAKES DOUBLE THE AMOUNT YOU NEED FOR THE MEATBALL HOAGIES. TUCK THE OTHER HALF IN THE FREEZER FOR ANOTHER ROUND OF HOAGIES OR SPAGHETTI-AND-MEATBALL NIGHT.

MEATBALL HOAGIES

KOREAN BEEF
CABBAGE WRAPS

KOREAN BEEF CABBAGE WRAPS

START TO FINISH 20 minutes

- **1½ lb. ground beef**
- **⅓ cup reduced-sodium soy sauce**
- **2 Tbsp. Asian chili-garlic sauce**
- **2 tsp. toasted sesame oil**
- **½ tsp. salt**
- **¼ tsp. black pepper**
- **1 16-oz. pkg. shredded broccoli slaw mix**
- **12 small napa or savoy cabbage leaves**
- **1 cup chopped red bell pepper**
- **Lime wedges**
- **Sriracha sauce**

1. In a 4- to 5-qt. pot cook beef over medium-high heat until browned. Drain off fat. Add soy sauce, Asian chili-garlic sauce, sesame oil, salt, and black pepper to meat; stir to combine. Stir in slaw mix. Cook and stir over medium 2 to 3 minutes or until cooked through and slaw is just wilted.

2. Trim away any thick stem ends from each cabbage leaf. Spoon beef mixture onto the cabbage leaves. Top each with bell pepper. Fold cabbage leaves around filling. Serve with lime wedges and sriracha sauce. **Makes 6 servings.**

EACH SERVING *318 cal., 19 g fat (7 g sat. fat), 77 mg chol., 843 mg sodium, 13 g carb., 3 g fiber, 6 g sugars, 25 g pro.*

SMOKY SUPREME PIZZA MELTS ROLLS

SMOKY SUPREME PIZZA MELTS ROLLS

HANDS-ON TIME 15 minutes
BAKE 30 minutes at 350°F

- **12 ciabatta rolls**
- **1 12-oz. jar marinated artichoke hearts, drained and chopped**
- **1 cup thinly sliced green bell pepper**
- **3 to 4 oz. sliced pepperoni**
- **1 2.25-oz. can sliced pitted ripe olives**
- **1¾ cups shredded smoked mozzarella cheese (6 oz.)**
- **1 8-oz. can pizza sauce**
- **½ cup grated Parmesan cheese (2 oz.)**
- **¼ cup olive oil**
- **2 Tbsp. melted butter**
- **1 tsp. dried oregano, crushed**
- **1 clove garlic, minced**
- **½ tsp. crushed red pepper**

1. Preheat oven to 350°F. Layer roll bottoms with artichoke hearts, green pepper, pepperoni, and olives. Top with cheese. Spread cut sides of roll tops with pizza sauce.

2. In a small bowl combine Parmesan cheese, olive oil, butter, oregano, garlic, and crushed red pepper. Pour over sandwiches.

3. Bake, covered, 25 minutes. Remove foil and bake 5 minutes more or until cheese is melted and roll tops are lightly browned. **Makes 12 servings.**

EACH SERVING *317 cal., 16 g fat (6 g sat. fat), 28 mg chol., 693 mg sodium, 32 g carb., 2 g fiber, 12 g pro.*

BBQ CHICKEN AND SMOKED CHEDDAR SANDWICHES

CHICKEN AND AVOCADO LETTUCE WRAPS

START TO FINISH 30 minutes

- **1 lb. skinless, boneless chicken breast**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **Nonstick cooking spray**
- **1 lime**
- **1 avocado, halved, seeded, peeled, and coarsely mashed**
- **¼ cup snipped fresh cilantro**
- **8 romaine lettuce leaves**
- **1 cup grape tomatoes, halved**
- **½ cup thinly sliced green onions**
- **Tortilla chips, coarsely crushed (optional)**
- **½ cup light sour cream**
- **Salsa (optional)**

1. Using the flat side of a meat mallet, flatten chicken between two pieces of plastic wrap until ½ inch thick. Sprinkle with salt and pepper.

2. Coat a grill pan with cooking spray; heat pan over medium-high. Add chicken; cook 8 to 10 minutes or until done (165°F), turning once. Transfer grilled chicken to a cutting board. Let chicken stand, covered, 3 minutes.

3. Meanwhile, squeeze juice from lime. In a bowl combine avocado, cilantro, and half of the juice.

4. Thinly slice chicken. Spoon avocado mixture down center of lettuce leaves. Add chicken and spoon remaining lime juice on top. Top with tomatoes, green onions, and, if desired, tortilla chips. Serve with sour cream and, if desired, salsa. **Makes 4 servings.**

EACH SERVING *243 cal., 11 g fat (3 g sat. fat), 91 mg chol., 225 mg sodium, 8 g carb., 3 g fiber, 2 g sugars, 28 g pro.*

BBQ CHICKEN AND SMOKED CHEDDAR SANDWICHES

START TO FINISH 20 minutes

- **1½ cups shredded cooked chicken**
- **½ cup shredded cabbage with carrot (coleslaw mix)**
- **⅓ cup barbecue sauce**
- **1 cup shredded smoked cheddar or cheddar cheese (4 oz.)**
- **8 slices Texas toast or Italian bread**
- **Nonstick cooking spray**
- **Dill pickle slices (optional)**

1. In a bowl combine chicken and coleslaw mix. Stir in barbecue sauce. Divide chicken mixture and cheese among four of the bread slices. Top with remaining bread slices. Lightly coat outsides of sandwiches with cooking spray.

2. Heat a large nonstick grill pan or nonstick skillet over medium. Place sandwiches, half at a time if necessary, in skillet. If desired, weigh down sandwiches by putting another large heavy skillet on top. Cook 2 to 3 minutes or until browned on bottoms; flip sandwiches and replace top skillet. Cook until browned on second sides. If desired, serve with pickle slices. **Makes 4 servings.**

EACH SERVING *390 cal., 12 g fat (7 g sat. fat), 74 mg chol., 639 mg sodium, 38 g carb., 2 g fiber, 6 g sugars, 30 g pro.*

CHICKEN AND
AVOCADO
LETTUCE WRAPS

CANNELLINI BEAN BURGERS

IMPROMPTU PANINI PRESS. IF YOU HAVE AN ELECTRIC PANINI PRESS, USE IT TO MAKE THESE CAPRESE PANINI. IF NOT, COOK THEM ON A GRILL PAN WEIGHTED DOWN WITH A HEAVY SKILLET (SUCH AS CAST IRON).

CANNELLINI BEAN BURGERS

START TO FINISH 35 minutes

- **1 15-oz. can reduced-sodium cannellini beans, rinsed and drained**
- **¾ cup soft whole wheat bread crumbs**
- **½ cup chopped onion**
- **¼ cup broken walnuts, toasted if desired**
- **2 Tbsp. coarsely snipped fresh basil or 1 tsp. dried basil, crushed**
- **2 cloves garlic, quartered**
- **1 Tbsp. olive oil**
- **4 reduced-calorie wheat hamburger buns, split and toasted**
- **2 Tbsp. light ranch salad dressing**
- **2 cups fresh spinach leaves**
- **1 to 2 medium tomatoes, thinly sliced**

1. In a food processor combine beans, ¼ cup of the bread crumbs, the onion, walnuts, basil, and garlic. Cover and process until bean mixture is coarsely chopped and holds together.

2. Shape bean mixture into four ½-inch-thick patties. Place the remaining ½ cup bread crumbs in a shallow dish. Brush patties with oil and dip into bread crumbs, turning to coat patties.

3. Heat a grill pan over medium. Add patties; cook 10 to 12 minutes or until heated through, turning once. (Reduce heat to medium-low if patties brown too quickly.)

4. Spread bottoms of buns with ranch dressing. Fill with burgers, spinach, and tomato slices. **Makes 4 servings.**

EACH SERVING *284 cal., 11 g fat (1 g sat. fat), 1 mg chol., 377 mg sodium, 36 g carb., 12 g fiber, 4 g sugars, 12 g pro.*

CAPRESE PANINI

START TO FINISH 25 minutes

- **4 oz. fresh mozzarella cheese, cut into 4 slices**
- **2 medium tomatoes, thinly sliced**
- **½ cup fresh basil leaves**
- **8 slices whole wheat bread**
- **Nonstick olive oil cooking spray**
- **Balsamic vinegar (optional)**

1. Layer mozzarella, tomatoes, and basil on four of the bread slices. Top with the remaining four bread slices. Coat outsides of sandwiches with cooking spray.

2. Heat a grill pan over medium. Add sandwiches, half at a time if needed. Place a heavy saucepan or skillet on top of sandwiches. Weight sandwiches down and cook 2 to 3 minutes or until bread is toasted. Turn sandwiches, weight them down, and cook 2 minutes more or until bread is toasted and cheese is melted. If desired, serve with vinegar for dipping. **Makes 4 sandwiches.**

EACH SERVING *216 cal., 8 g fat (4 g sat. fat), 20 mg chol., 324 mg sodium, 23 g carb., 4 g fiber, 4 g sugars, 12 g pro.*

CAPRESE PANINI

VEGGIE REUBEN
PRETZEL MELTS

VEGGIE REUBEN PRETZEL MELTS

HANDS-ON TIME 15 minutes
BAKE 30 minutes at 350°F

	Nonstick cooking spray
12	**3-inch pretzel rolls**
2	**cups fresh spinach**
1	**cup thinly sliced roasted red peppers**
½	**cup thinly sliced red onion**
½	**cup thinly sliced cucumber**
1	**cup sauerkraut, well drained**
6	**oz. thinly sliced Swiss cheese**
½	**cup Thousand Island salad dressing**
6	**Tbsp. melted butter**
1	**Tbsp. coarse ground mustard**
1	**tsp. caraway seeds, crushed**
½	**tsp. dried minced onion**

1. Preheat oven to 350°F. Line a baking pan with foil; coat with cooking spray. In pan layer roll bottoms with spinach, peppers, red onion, and cucumber. Top with sauerkraut and cheese. Spread cut sides of roll tops with dressing and add to sandwiches.

2. In a small bowl combine butter, mustard, caraway seeds, and dried onion. Pour over sandwiches. Bake, covered, 30 minutes. **Makes 12 servings.**

EACH SERVING *367 cal., 19 g fat (7 g sat. fat), 31 mg chol., 644 mg sodium, 40 g carb., 2 g fiber, 10 g pro.*

GRILLED BLACK BEAN AND SWEET POTATO QUESADILLAS

HANDS-ON TIME 25 minutes
COOK 15 minutes

1	**small onion, sliced**
1	**Tbsp. olive oil**
1	**15.5-oz. can black beans, rinsed and drained, or 1½ cups cooked black beans**
1	**Tbsp. lime juice**
1	**tsp. dried oregano, crushed**
1	**tsp. ground cumin**
1	**clove garlic, minced**
4	**10-inch flour tortillas**
1½	**cups mashed cooked sweet potatoes***
1	**cup shredded Monterey Jack cheese (4 oz.)**
1½	**cups tightly packed baby spinach leaves**
½	**to ¾ cup tomato salsa, corn salsa, and/or guacamole**

1. Brush onion slices with olive oil. Heat a large grill pan over medium heat. Add onion; grill about 5 minutes or until tender, turning once. Transfer to a cutting board and chop onion. In a bowl combine onion and next five ingredients (through garlic).

2. Place one of the tortillas on each of four large plates. On one half of each tortilla, layer one-fourth of the sweet potatoes, 2 Tbsp. of the cheese, one-fourth of the bean mixture, one-fourth of the spinach, and another 2 Tbsp. of the cheese. Fold each tortilla over filling, pressing gently.

3. Heat grill pan over medium-low heat. Slide quesadillas from plates to pan. (You may have to work in batches.) Grill 3 to 4 minutes or until cheese begins to melt; turn carefully. Grill second side 4 to 5 minutes or until tortillas are crisp and filling is hot.

4. Cut each quesadilla into wedges. Serve warm with tomato salsa, corn salsa, and/or guacamole.
Makes 4 servings.

***TIP** For mashed sweet potatoes, cut 12 oz. peeled sweet potatoes into quarters. In a medium saucepan place sweet potatoes in enough boiling salted water to cover. Cook, covered, 25 to 30 minutes or until tender. (Or place in a microwave-safe casserole with ½ cup water. Microwave, covered, 8 to 10 minutes or until tender, stirring once.) Drain; mash potatoes.

EACH SERVING *223 cal., 8 g fat (3 g sat. fat), 13 mg chol., 484 mg sodium, 32 g carb., 5 g fiber, 5 g sugars, 8 g pro.*

GRILLED BLACK BEAN
AND SWEET POTATO
QUESADILLAS

LOADED
CHEESEBURGER
SKILLET PIZZA

LOADED CHEESEBURGER SKILLET PIZZA

HANDS-ON TIME 30 minutes
BAKE 15 minutes at 450°F
STAND 5 minutes

1 lb. 90% lean ground beef
¼ tsp. salt
¼ tsp. black pepper
1 Tbsp. vegetable oil
1 recipe Food Processor Pizza Dough (recipe, *p. 230*) or 1 lb. refrigerated pizza dough or frozen dough, thawed
⅓ cup ketchup
2 Tbsp. yellow mustard
1 cup shredded cheddar cheese (4 oz.)
½ cup shredded mozzarella cheese (2 oz.)
½ cup chopped onion
½ cup dill pickle slices
4 slices bacon, crisp-cooked and crumbled

1. Preheat oven to 450°F. In a 12-inch cast-iron skillet cook ground beef over medium-high heat until browned. Drain off fat. Stir in salt and pepper. Remove mixture from skillet. Let skillet cool slightly; wipe out and brush with oil.
2. On a lightly floured surface, roll pizza dough into a 14-inch circle. Transfer to prepared skillet and roll down overhanging dough to form edge of crust. Spread ketchup and mustard over dough. Top with meat mixture and sprinkle with half of the cheeses. Top with onion, pickles, and bacon; sprinkle with remaining cheeses.
3. Cook pizza over medium-high heat 3 minutes. Transfer to oven; bake 15 to 20 minutes or until crust and cheeses are lightly browned. Let stand 5 minutes before serving. **Makes 6 servings.**

EACH SERVING *488 cal., 22 g fat (8 g sat. fat), 80 mg chol., 1,002 mg sodium, 41 g carb., 2 g fiber, 6 g sugars, 31 g pro.*

SAUSAGE AND SPINACH SKILLET PIZZA

Photo on p. 198.
HANDS-ON TIME 35 minutes
BAKE 15 minutes at 475°F

1 15-oz. can tomato sauce
3 Tbsp. grated Parmesan cheese
2 Tbsp. tomato paste
¾ tsp. dried oregano, crushed
½ tsp. dried basil, crushed
⅛ tsp. crushed red pepper
1 5- to 6-oz. pkg. fresh baby spinach
2 tsp. water
Olive oil
1 lb. refrigerated pizza dough, or frozen dough, thawed
8 oz. bulk Italian sausage, cooked and drained
1½ to 2 cups shredded mozzarella cheese (6 to 8 oz.)

1. Preheat oven to 475°F. In a medium bowl combine tomato sauce, 2 Tbsp. of the Parmesan cheese, the tomato paste, oregano, basil, and crushed red pepper.
2. Place spinach in a large bowl; sprinkle with the water. Cover with a plate and microwave 30 seconds. Continue microwaving in 10-second intervals just until spinach is wilted. Let stand 2 minutes; carefully remove plate. Transfer spinach to a sieve; press out excess liquid.
3. Brush a 12-inch cast-iron or other heavy oven-going skillet with oil. On a lightly floured surface, roll pizza dough into a 14-inch circle. Transfer to prepared skillet. Roll edges to form a rim. Brush dough lightly with oil. Spread tomato sauce mixture over dough; top with spinach and sausage. Sprinkle with mozzarella cheese and remaining 1 Tbsp. Parmesan cheese.
4. Cook over medium-high heat 3 minutes. Transfer to oven: bake 15 to 20 minutes or until crust and cheese are lightly browned. Let stand 5 minutes before serving. If desired, sprinkle with additional crushed red pepper. **Makes 6 servings.**

EACH SERVING *449 cal., 23 g fat (9 g sat. fat), 53 mg chol., 1,237 mg sodium, 40 g carb., 3 g fiber, 5 g sugars, 19 g pro.*

CARING FOR CAST IRON. SCRUB A STILL-WARM SKILLET ONLY WITH HOT WATER (NO SOAP) AND A NONABRASIVE SCRUBBER. DRY THOROUGHLY, THEN APPLY A VERY THIN COAT OF OLIVE OIL TO THE INTERIOR TO MAINTAIN THE NONSTICK SURFACE. STORE IN A DRY PLACE AWAY FROM MOISTURE.

DIY BALSAMIC GLAZE. IF YOU CAN'T FIND BALSAMIC GLAZE AT YOUR SUPERMARKET, MAKE YOUR OWN. SIMMER 2 TABLESPOONS BALSAMIC VINEGAR IN A SMALL SAUCEPAN UNTIL REDUCED TO 1 TABLESPOON. LET COOL BEFORE USING.

CHICKEN CAESAR FLATBREADS

CHICKEN CAESAR FLATBREADS

START TO FINISH 25 minutes
BAKE 7 minutes at 450°F

2	**rustic white or spicy Italian artisan pizza thin-crust flatbreads**
3	**Tbsp. light sour cream**
3	**Tbsp. light Caesar dressing**
1	**cup shredded cooked chicken breast**
1	**cup shredded part-skim mozzarella cheese (4 oz.)**
2	**cups chopped romaine lettuce**
½	**cup quartered cherry tomatoes**
¼	**cup finely shredded Parmesan cheese (1 oz.)**
2	**slices lower-sodium, less-fat bacon, crisp-cooked and crumbled**

1. Preheat oven to 450°F. Cut each flatbread in half crosswise. Place flatbreads on a large baking sheet. Bake 4 minutes.

2. In a bowl stir together sour cream and dressing. Spread 3 Tbsp. of dressing mixture over flatbreads. Top with chicken and mozzarella. Bake 3 to 5 minutes more or until cheese is melted and crust is golden brown.

3. Meanwhile, in a bowl toss romaine with remaining 3 Tbsp. dressing mixture. Top flatbreads with romaine and sprinkle with tomatoes, Parmesan, and bacon. **Makes 4 servings.**

EACH SERVING *255 cal., 10 g fat (5 g sat. fat), 56 mg chol., 534 mg sodium, 16 g carb., 2 g fiber, 3 g sugars, 25 g pro.*

BLT PIZZA

HANDS-ON TIME 20 minutes
RISE 30 minutes
BAKE 15 minutes at 450°F
STAND 5 minutes

	Nonstick cooking spray
1	**cup all-purpose flour**
1	**cup white whole wheat flour**
1	**pkg. active dry yeast**
¼	**tsp. salt**
⅔	**cup warm water (105°F to 115°F)**
1	**Tbsp. olive oil**
2	**tsp. cornmeal**
3	**to 4 roma tomatoes, thinly sliced**
½	**cup thinly sliced red onion**
2	**slices lower-sodium, less-fat bacon, crisp-cooked and crumbled**
¾	**cup shredded part-skim mozzarella cheese (3 oz.)**
3	**cups baby arugula**
1	**Tbsp. balsamic glaze**

1. Coat a medium bowl with cooking spray. In a food processor combine both flours, yeast, and salt.* With processor running, add the warm water and oil until mixture forms a ball. Remove and shape dough into a smooth ball. Place in prepared bowl, turning to grease surface of dough. Cover and let rise in a warm place until double in size (30 to 45 minutes).

2. Preheat oven to 450°F. Coat a baking sheet with cooking spray; sprinkle with cornmeal. On a lightly floured surface, roll and stretch dough into a 12×8-inch oval or rectangle. Place on prepared baking sheet.

3. Bake 8 minutes. Remove from oven. Arrange tomatoes, onion, and bacon on crust. Sprinkle with cheese. Bake about 7 minutes more or until crust is golden and cheese is bubbly.

4. Top pizza with arugula; let stand 5 minutes. Drizzle with balsamic glaze. Slice into four portions.

Makes 4 servings.

***TIP** If you prefer not to use a food processor, in a large bowl stir together flours, yeast, and salt; stir in the warm water and oil until flour mixture is moistened. Turn dough out onto a lightly floured surface. Knead about 3 minutes or until smooth and elastic. Shape into a ball. Continue as directed.

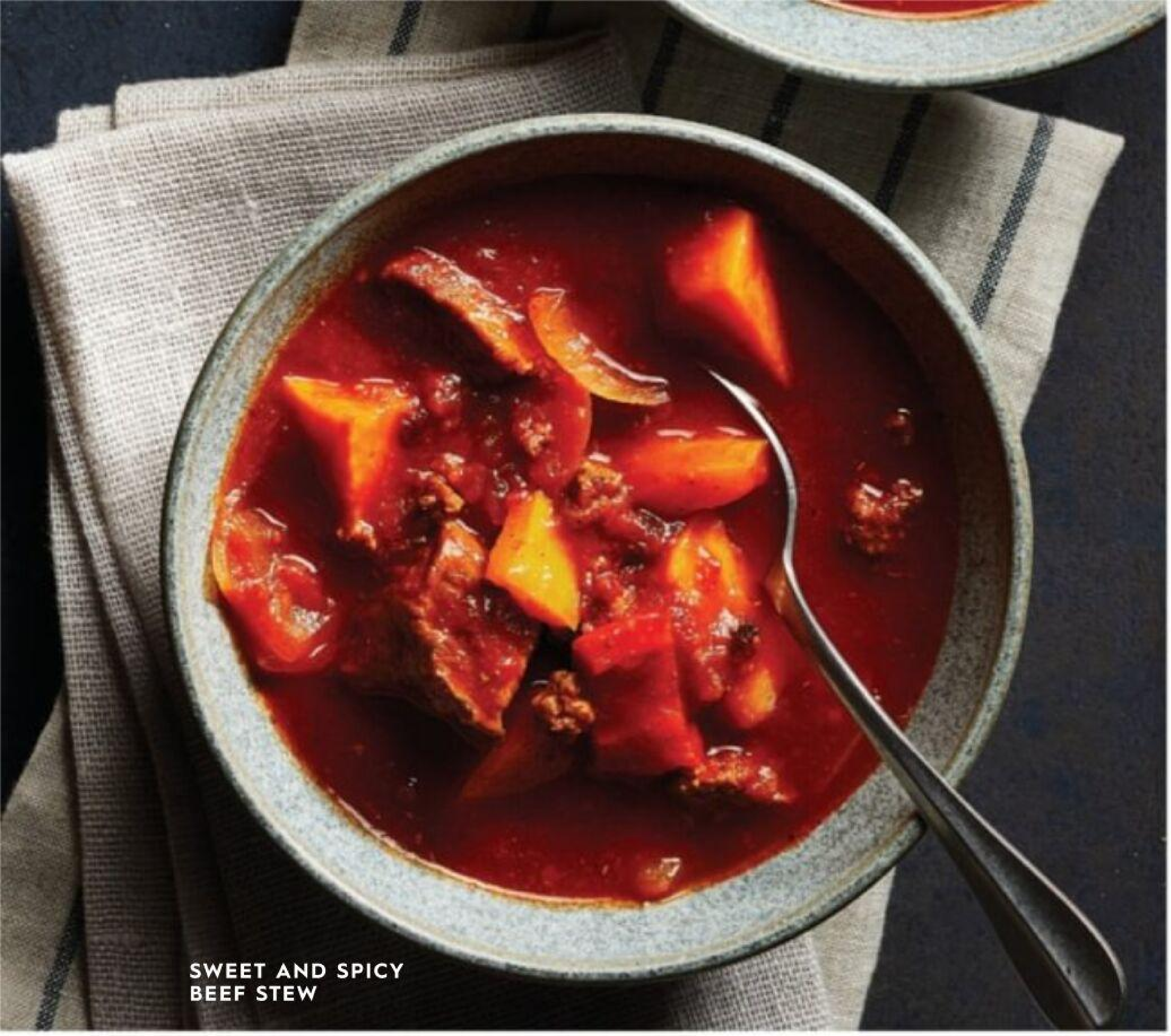
EACH SERVING *378 cal., 11 g fat (4 g sat. fat), 20 mg chol., 384 mg sodium, 55 g carb., 6 g fiber, 4 g sugars, 18 g pro.*

BLT PIZZA

CHICKEN AND BRUSSELS SPROUTS *Recipe on p. 248*

POWER UP!

Get an assist in meal-making from your
slow cooker, pressure cooker, or air fryer.



SWEET AND SPICY BEEF STEW

SLOW COOK/PRESSURE COOK

SWEET AND SPICY BEEF STEW

HANDS-ON TIME 30 minutes
SLOW COOK 9 to 11 hours (low) or 4½ to 5½ hours (high)
PRESSURE COOK 12 minutes

2 tsp. ground cumin
1 tsp. garlic powder
¼ tsp. salt
2 Tbsp. canola oil
1 lb. 90% lean ground beef
1 lb. boneless beef chuck, trimmed and cut into 1-inch cubes
2 cups coarsely chopped sweet onions
2 yellow, orange, and/or red bell peppers, coarsely chopped
1 10-oz. sweet potato, peeled and coarsely chopped
2 28-oz. cans crushed tomatoes
1 cup beef broth
2 to 3 canned chipotle peppers in adobo sauce, chopped
¼ cup chopped fresh cilantro

TO SLOW COOK In a small bowl stir together cumin, garlic powder, and salt. In a large skillet heat 1 Tbsp. of the oil over medium-high. Add ground beef and half the spice mixture. Cook and stir until beef is browned. Transfer to a 5- to 6-qt. slow cooker. Add remaining oil to skillet. Add beef chuck and remaining spice mixture; cook and stir until browned. Transfer to slow cooker. Add next six ingredients to cooker (through chipotle peppers). Cover and cook on low 9 to 11 hours or on high 4½ to 5½ hours. Sprinkle with cilantro.

TO PRESSURE COOK In a small bowl stir together cumin, garlic powder, and salt. In a 6-qt. electric pressure cooker cook ground beef and half the spice mixture in 1 Tbsp. on the sauté setting until browned. Transfer to a bowl. Add remaining oil to cooker. Add beef chuck and remaining spice mixture. Cook and stir until browned. Return cooked beef to cooker. Add next six ingredients (through chipotle peppers). Lock lid in place. Set cooker on high pressure to cook 12 minutes. When cooking time is complete, let stand 15 minutes to release pressure naturally. Release any remaining pressure. Open lid carefully. Sprinkle with cilantro. **Makes 10 servings.**

EACH SERVING *267 cal., 10 g fat (3 g sat. fat), 59 mg chol., 533 mg sodium, 23 g carb., 5 g fiber, 11 g sugars, 23 g pro.*

SLOW COOK

MOROCCAN-SPICED POT ROAST AND VEGGIES

HANDS-ON TIME 30 minutes
SLOW COOK 9 hours (low) or 4½ hours (high) plus 30 minutes (high)

2 tsp. pumpkin pie spice
1 tsp. ground cumin
⅛ tsp. cayenne pepper (optional)
1 2½-lb. boneless beef chuck arm pot roast, trimmed
1¼ lb. carrots, cut into 1-inch pieces
3 cups 1-inch pieces peeled parsnips
2 large onions, cut into wedges
1 cup 50%-less-sodium beef broth
3 Tbsp. quick-cooking tapioca, crushed
2 Tbsp. no-salt-added tomato paste
½ tsp. dry mustard
2 cups 1-inch pieces red bell peppers
Snipped fresh cilantro (optional)

1. In a small bowl stir together pumpkin pie spice, cumin, ½ tsp. salt, ¼ tsp. black pepper, and, if desired, cayenne pepper. Sprinkle mixture over meat; rub in with your fingers.

2. In a 5- to 6-qt. slow cooker combine carrots and parsnips. Add meat, cutting to fit if needed. Top with onions. In a small bowl combine broth, tapioca, tomato paste, dry mustard, ½ tsp. salt, and ¼ tsp. black pepper. Pour over mixture in cooker.

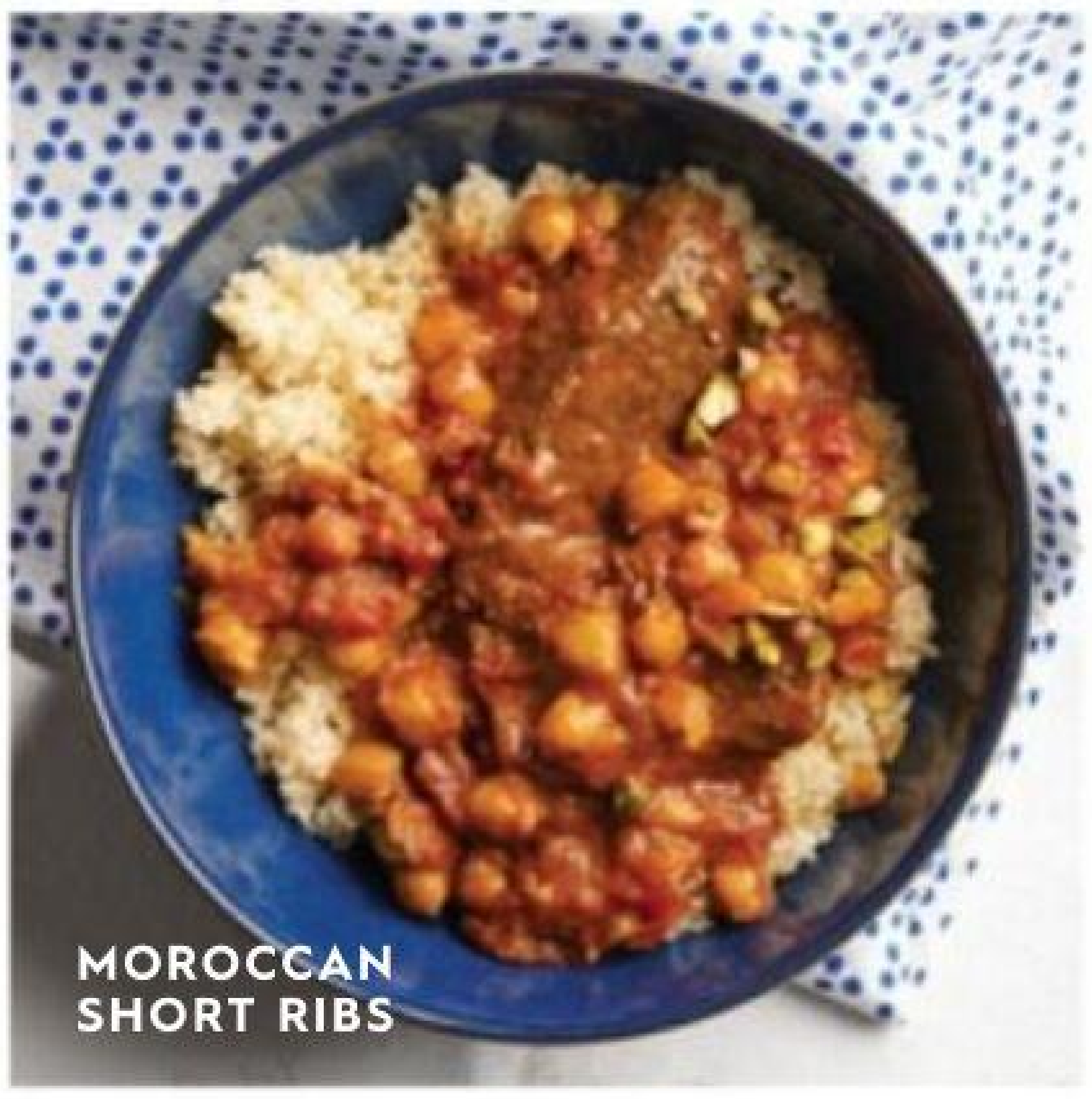
3. Cover and cook on low 9 hours or on high 4½ hours. If using low, turn to high. Add bell peppers. Cover and cook 30 minutes more.

4. Transfer meat to a platter. Using a slotted spoon, transfer vegetables to platter. Skim fat from cooking liquid. Drizzle meat and vegetables with cooking liquid and, if desired, sprinkle with cilantro. **Makes 6 servings.**

EACH SERVING *430 cal., 11 g fat (3 g sat. fat), 123 mg chol., 473 mg sodium, 37 g carb., 9 g fiber, 13 g sugars, 45 g pro.*

MOROCCAN-SPICED POT ROAST AND VEGGIES

IT'S A TWOFER. MAKE THE ASIAN FLANK STEAK ONE NIGHT, AND SAVE THE RESERVES FOR A QUICK AND EASY WARM SOBA NOODLE BOWL LATER IN THE WEEK.



MOROCCAN SHORT RIBS

SLOW COOK

MOROCCAN SHORT RIBS

HANDS-ON TIME 30 minutes
SLOW COOK 10 to 11 hours (low) or 5 to 5½ hours (high)

- **3¼ to 3½ lb. boneless beef short ribs**
- **2 tsp. ground cumin**
- **1½ tsp. garlic salt**
- **1½ tsp. ground turmeric**
- **½ tsp. ground coriander**
- **¼ tsp. black pepper**
- **2 large onions, cut into thin wedges**
- **1 15- to 16-oz. can chickpeas, rinsed and drained**
- **2 Tbsp. quick-cooking tapioca (crushed, if desired)**
- **1 14.5-oz. can diced tomatoes, undrained**
- **4 cups hot cooked couscous**
- **⅓ cup pistachio nuts, chopped**
- **¼ cup dried apricots, chopped**

1. Trim fat from ribs. In a small bowl stir together the next five ingredients (through pepper). In a 5- to 6-qt. slow cooker combine onions and chickpeas; sprinkle with tapioca. Place short ribs on top of vegetables; sprinkle with mixed spices. Pour tomatoes and ¼ cup water over ribs. Cover and cook on low 10 to 11 hours or on high 5 to 5½ hours.
2. Serve over couscous. Sprinkle with pistachios and apricots.
Makes 6 servings.

EACH SERVING *456 cal., 17 g fat (6 g sat. fat), 84 mg chol., 497 mg sodium, 39 g carb., 5 g fiber, 5 g sugars, 36 g pro.*

SLOW COOK

ASIAN FLANK STEAK

HANDS-ON TIME 25 minutes
SLOW COOK 8 to 9 hours (low) or 4 to 4½ hours (high) plus 30 minutes (high)

- **¾ cup hoisin sauce**
- **¾ cup orange juice**
- **¾ cup beef broth**
- **¼ cup dry sherry or orange juice**
- **2 Tbsp. bottled minced garlic or 12 cloves garlic, minced**
- **1 tsp. ground ginger**
- **½ tsp. crushed red pepper**
- **2 Tbsp. quick-cooking tapioca (crushed, if desired)**
- **1½ cups thinly sliced carrots**
- **1 large onion, thinly sliced**
- **3 lb. beef flank steak**
- **1½ cups snow pea pods, trimmed**
- **1½ cups red bell pepper strips**
- **2 cups hot cooked white or brown rice**

1. In a 4- to 5-qt. slow cooker stir together the first seven ingredients (through crushed red pepper). Sprinkle with tapioca. Stir in carrots and onion. Trim fat from steak; add steak. Cover and cook on low 8 to 9 hours or on high 4 to 4½ hours.
2. If using low, turn to high. Add pea pods and bell pepper to cooker. Cover and cook 30 minutes more.
3. Remove steak from cooker. Slice into ¼-inch-thick slices across the grain. Reserve 12 oz. steak (about one-third). Remove vegetables with a slotted spoon; reserve ¾ cup. Reserve 1¾ cups of the cooking juices. Store reserved steak, vegetables, and juices in an airtight container. Store in refrigerator up to 3 days. Use in Warm Soba Noodle Bowl, *below*. Serve remaining steak, vegetables, and broth over rice.
Makes 4 servings plus reserves.

EACH SERVING *516 cal., 12 g fat (4 g sat. fat), 121 mg chol., 657 mg sodium, 51 g carb., 4 g fiber, 15 g sugars, 47 g pro.*

WARM SOBA NOODLE BOWL

START TO FINISH 30 minutes

- **6 oz. dry soba noodles**
- **1 cup frozen edamame**
- **Reserved steak mixture from Asian Flank Steak (recipe, *left*)**
- **1½ cups chopped yellow bell peppers**
- **1 8-oz. can sliced water chestnuts, drained**
- **¼ cup sliced green onions**
- **¼ cup chopped cashews**

1. In a 4-qt. Dutch oven cook noodles in boiling salted water 5 minutes. Add edamame; return to boiling. Cook 3 to 5 minutes more or until noodles are tender; drain.
2. Meanwhile, in an extra-large skillet heat reserved steak mixture over medium heat until heated, stirring occasionally. Stir in noodle mixture, bell peppers, and water chestnuts; heat. Sprinkle with green onions and cashews. **Makes 4 servings.**

EACH SERVING *474 cal., 14 g fat (4 g sat. fat), 90 mg chol., 480 mg sodium, 45 g carb., 6 g fiber, 44 g pro.*

ASIAN FLANK STEAK

FLANK STEAK AND FENNEL

CHOOSE YOUR CHILE. WHILE CRUSHED RED PEPPER IS THE MOST COMMON SPICE USED TO ADD HEAT TO A DISH, THERE ARE OTHER INTERESTING OPTIONS, SUCH AS ALEPPO PEPPER FROM SYRIA AND TURKEY, AND CRUSHED DRIED URFA CHILES FROM TURKEY. BOTH OFFER HEAT BUT HAVE FRUITY NOTES TOO.

AIR FRY

FLANK STEAK AND FENNEL

HANDS-ON TIME 15 minutes
COOK 18 minutes
STAND 5 minutes

- **¼ cup olive oil**
- **2 tsp. lemon zest**
- **1 tsp. salt**
- **¼ tsp. black pepper**
- **14 to 16 oz. beef flank steak, trimmed to even thickness**
- **12 oz. tiny red new potatoes, quartered**
- **1 cup quartered, cored, and sliced fennel**

1. Preheat air fryer to 375°F. In a large bowl combine oil, lemon zest, salt, and pepper. Remove half of the oil mixture and rub over meat. Add potatoes and fennel to remaining oil mixture; toss to coat.

2. Spread potato mixture in air fryer basket. Top with meat. Cook 18 to 20 minutes or until meat registers 135°F to 145°F and potatoes are tender, turning meat and rearranging potato mixture once. Transfer meat to a platter; cover and let stand 5 minutes. Thinly slice meat across the grain and serve with potato mixture. Garnish with cut fennel fronds, if desired. **Makes 4 servings.**

EACH SERVING *307 cal., 19 g fat (4 g sat. fat), 60 mg chol., 657 mg sodium, 12 g carb., 2 g fiber, 2 g sugars, 22 g pro.*

AIR FRY

STEAK AND MUSHROOMS

HANDS-ON TIME 5 minutes
MARINATE 4 hours 30 minutes
COOK 10 minutes
STAND 5 minutes

- **1 lb. beef sirloin steak, cut into 1-inch cubes**
- **8 oz. button mushrooms, sliced**
- **¼ cup Worcestershire sauce**
- **1 Tbsp. olive oil**
- **1 tsp. dried parsley**
- **1 tsp. paprika**
- **1 tsp. crushed red pepper**

1. Add all ingredients to a bowl. Chill, covered, at least 4 hours or up to overnight. Remove from refrigerator 30 minutes before cooking.

2. Preheat air fryer to 400°F.

3. Drain and discard marinade, then transfer steak mixture to fryer basket. Cook 5 minutes. Toss; cook 5 minutes more. Transfer to a plate and let stand 5 minutes. **Makes 4 servings.**

EACH SERVING *225 cal., 13 g fat (4 g sat. fat), 213 mg sodium, 60 g carb., 1 g fiber, 3 g sugars, 21 g pro.*

STEAK AND MUSHROOMS

ADD A POP OF COLOR

If desired, add ½ of a thinly sliced red bell pepper to the bowl with the other ingredients before chilling. Serve over hot cooked rice and sprinkle with chopped fresh parsley or cilantro.

AIR FRY

CARNE ASADA PIZZA

HANDS-ON TIME 20 minutes
COOK 6 minutes per pizza

1	**recipe Food Processor Pizza Dough (recipe, *right*)**
½	**cup fire-roasted salsa**
1	**cup thinly sliced grilled steak**
¼	**cup finely chopped red onion**
1	**cup shredded pepper Jack cheese (4 oz.)**
¼	**cup grated Cotija cheese**
¼	**cup chopped fresh cilantro**
2	**Tbsp. Mexican crema or sour cream**

1. Preheat air fryer to 375°F. Divide Food Processor Pizza Dough into four 4-oz. portions. On a lightly floured surface, roll one portion of dough into an 8-inch circle. Prick all over with a fork. Place in air fryer basket and cook 3 minutes. Remove from basket and place, top side down, on work surface.
2. Spread crust with 2 Tbsp. of the salsa. Top with ¼ cup of the steak slices and 1 Tbsp. of the onion. Sprinkle with ¼ cup of the pepper Jack cheese. Return pizza to air fryer basket and cook 3 to 4 minutes or until cheese is melted and golden. Repeat with remaining dough and toppings.
3. Before serving, sprinkle pizzas with Cotija cheese and cilantro, and drizzle with crema. **Makes 4 servings.**

EACH SERVING *524 cal., 23 g fat (11 g sat. fat), 67 mg chol., 598 mg sodium, 54 g carb., 3 g fiber, 3 g sugars, 23 g pro.*

AIR FRY

FOOD PROCESSOR PIZZA DOUGH

HANDS-ON TIME 10 minutes
RISE 45 minutes

	Olive oil or nonstick cooking spray
2	**cups all-purpose flour**
1	**pkg. active dry yeast**
1	**tsp. sugar**
½	**tsp. kosher salt**
1	**Tbsp. olive oil**
⅔	**cup warm water (120°F to 130°F)**

1. Coat a medium bowl with oil. In a food processor combine flour, yeast, sugar, and salt. With food processor running, add 1 Tbsp. oil then the warm water, processing until a dough forms. Remove and shape into a smooth ball.
2. Place dough in prepared bowl, turning to grease surface of dough. Cover bowl with plastic wrap. Let rise in a warm place until double in size (45 to 60 minutes).

EACH SERVING *269 cal., 4 g fat (1 g sat. fat), 144 mg sodium, 50 g carb., 2 g fiber, 1 g sugars, 7 g pro.*

SERVING SAVVY. BECAUSE THE PIZZAS COOK ONE AT A TIME IN THE AIR FRYER, YOU CAN PLATE AND SERVE AS THEY COME OUT OR KEEP THEM WARM IN A 200°F OVEN. ADD GARNISHES JUST BEFORE SERVING.

CARNE ASADA PIZZA

GARLIC-HERB PIZZA CRUST

To make a flavored dough, add 1 Tbsp. dried Italian seasoning, crushed, and 2 cloves garlic, minced, to the flour mixture in the Food Processor Pizza Dough recipe *(opposite)*.

KOREAN
BEEF BOWLS

PENNE PASTA
WITH BEEF-FENNEL RAGU

SLOW COOK/PRESSURE COOK

KOREAN BEEF BOWLS

HANDS-ON TIME 25 minutes
SLOW COOK 8 to 10 hours (low) or 4 to 5 hours (high)
PRESSURE COOK 40 minutes

1	**medium onion, cut into thin wedges (1 cup)**
4	**cloves garlic, minced**
2	**to 2½ lb. boneless beef chuck pot roast, trimmed and cut into 2- to 3-inch chunks**
1	**cup reduced-sodium beef broth**
¼	**cup reduced-sodium soy sauce**
1	**Tbsp. honey**
1	**Tbsp. grated fresh ginger**
1	**Tbsp. sesame oil**
¼	**tsp. crushed red pepper**
6	**to 8 oz. flat rice noodles, cooked per pkg. directions**
3	**to 4 cups shredded napa cabbage**
1	**cup snow pea pods, cut into thin bias strips**
1	**red bell pepper, cut into thin bite-size strips**
	Gochujang sauce or sriracha sauce

TO SLOW COOK Place onion and garlic in a 4- to 5-qt. slow cooker. Top with beef. In a medium bowl combine the next six ingredients (through crushed red pepper). Pour over beef. Cover and cook on low 8 to 10 hours or on high 4 to 5 hours.

TO PRESSURE COOK Place onion, garlic, and beef in a 4- to 6-qt. electric pressure cooker. In a medium bowl combine the next six ingredients (through crushed red pepper). Pour over beef. Lock lid in place. Set cooker on high pressure to cook 40 minutes. When cooking time is complete, allow pressure to release naturally 15 minutes. Release any remaining pressure. Open lid carefully.

TO SERVE Remove meat from cooker. Using two forks, shred meat. Add onions and just enough cooking liquid to meat to moisten; serve in large bowls with noodles, cabbage, snow peas, bell pepper, and gochujang sauce. If desired, drizzle with additional cooking liquid. **Makes 6 servings.**

EACH SERVING *390 cal., 11 g fat (4 g sat. fat), 86 mg chol., 866 mg sodium, 44 g carb., 3 g fiber, 11 g sugars, 30 g pro.*

SLOW COOK/PRESSURE COOK

PENNE PASTA WITH BEEF-FENNEL RAGU

HANDS-ON TIME 20 minutes
SLOW COOK 7 to 9 hours (low) or 3½ to 4½ hours (high) plus 20 minutes (high)
PRESSURE COOK 2 minutes

1	**lb. 90% lean ground beef**
2	**14.5-oz. cans diced tomatoes with basil, garlic, and oregano, undrained**
2	**cups thinly sliced fennel**
2	**cups reduced-sodium chicken broth**
1	**15-oz. can tomato sauce**
⅓	**cup chopped onion**
4	**cloves garlic, minced**
1½	**tsp. fennel seeds, lightly crushed**
1	**tsp. dried oregano, crushed**
½	**tsp. black pepper**
¼	**tsp. salt**
1	**12-oz. pkg. no-boil penne pasta**
½	**cup chopped fresh basil**

TO SLOW COOK Break ground beef into bite-size pieces and place in a 6-qt. slow cooker. Add next 10 ingredients (through salt). Stir to combine. Cover and cook on low 7 to 9 hours or high 3½ to 4½ hours. If using low, turn to high. Stir in pasta. Cover and cook 20 minutes more or just until pasta is tender, stirring after 10 minutes. Stir in basil.

TO PRESSURE COOK Break ground beef into bite-size pieces and place in a 6-qt. electric pressure cooker. Add next 11 ingredients (through pasta). Stir to combine. Lock lid in place. Set cooker on high pressure to cook 2 minutes. When cooking time is complete, let stand 5 minutes to release pressure naturally. Release any remaining pressure. Open lid carefully. If desired, let stand, covered, up to 10 minutes for pasta to reach desired doneness. Stir in basil. **Makes 8 servings.**

EACH SERVING *304 cal., 5 g fat (2 g sat. fat), 36 mg chol., 807 mg sodium, 46 g carb., 4 g fiber, 9 g sugars, 20 g pro.*

MINI ITALIAN MEAT LOAVES STUFFED WITH CHEESE

AIR FRY

MINI ITALIAN MEAT LOAVES STUFFED WITH CHEESE

HANDS-ON TIME 20 minutes
COOK 15 minutes

1 egg, lightly beaten
⅓ cup milk
1 clove garlic, minced
2 Tbsp. purchased basil pesto
¼ tsp. black pepper
1 lb. ground beef
⅓ cup Italian seasoned fine dried bread crumbs
8 slices pepperoni
2 oz. fresh mozzarella pearls
½ cup marinara sauce, warmed
Chopped fresh basil

1. Preheat air fryer to 370°F.
2. In a bowl stir together egg, milk, garlic, pesto, and pepper. Add ground beef and bread crumbs. Mix together using your hands. (Do not overmix.)
3. Divide beef mixture into four portions. Press a well into center of each portion, leaving a ½-inch border around edges. Put two slices of pepperoni in each well, overlapping to cover the well. Top each portion with about six mozzarella pearls. Press beef mixture around filling to enclose. Shape each portion into an oblong loaf.
4. Working in batches if needed, transfer loaves to air fryer basket. Cook about 15 minutes, or until an instant-read thermometer inserted in the thickest parts registers 165°F. Serve topped with warm marinara and fresh basil. **Makes 4 servings.**

EACH SERVING *372 cal., 21 g fat (8 g sat. fat), 136 mg chol., 601 mg sodium, 11 g carb., 1 g fiber, 4 g sugars, 31 g pro.*

AIR FRY

MEATBALLS AND BELL PEPPERS

HANDS-ON TIME 15 minutes
COOK 15 minutes

Nonstick cooking spray
¼ cup soy sauce
1 Tbsp. grated fresh ginger
3 cloves garlic, minced
¼ tsp. crushed red pepper
2 red, yellow, and/or orange bell peppers, cut into strips
1 cup thin onion wedges
1 Tbsp. olive oil
1 lb. ground beef and/or pork
½ cup finely chopped onion
¼ cup panko bread crumbs
Sliced green onions
Hot cooked rice (optional)

1. Coat air fryer basket with cooking spray. Preheat air fryer to 375°F. In a large bowl combine soy sauce, ginger, garlic, and crushed red pepper. Transfer half of the soy sauce mixture to a medium bowl. Stir in bell peppers, onion wedges, and oil. Add ground meat, chopped onion, and panko to reserved soy sauce mixture in large bowl; mix well. Shape into 12 meatballs.
2. Arrange meatballs in prepared air fryer basket. Arrange bell pepper mixture around meatballs. Cook 15 minutes or until meatballs are done (160°F), turning meatballs and stirring bell pepper mixture once. Top servings with green onions and, if desired, serve with rice. **Makes 4 servings.**

EACH SERVING *332 cal., 19 g fat (6 g sat. fat), 75 mg chol., 1,082 mg sodium, 15 g carb., 3 g fiber, 6 g sugars, 25 g pro.*

MEATBALLS AND
BELL PEPPERS

CUBAN-STYLE
BARBECUE
PULLED PORK

PERFECT PARTY FARE. SAUCY BARBECUE PULLED PORK SLIDERS ARE IDEAL FOR SERVING A HUNGRY CROWD. JUST PUT OUT THE BUNS, MEAT, COLESLAW, AND PICKLES, AND LET GUESTS BUILD THEIR OWN SANDWICHES.

SLOW COOK/PRESSURE COOK

CUBAN-STYLE BARBECUE PULLED PORK

HANDS-ON TIME 15 minutes
SLOW COOK 10 to 11 hours (low) or 5 to 6 hours (high)
PRESSURE COOK 35 minutes

2	**to 2½ lb. boneless pork shoulder roast, trimmed of fat and cut into large chunks**
1	**medium onion, chopped (1 cup)**
1	**8-oz. can tomato sauce**
6	**cloves garlic, minced**
2	**Tbsp. molasses**
2	**Tbsp. vinegar**
2	**Tbsp. coarse grain brown mustard**
1	**tsp. dried oregano, crushed**
½	**tsp. ground cumin**
¼	**cup dill or sweet pickle relish**
6	**hoagie rolls, split and toasted**
	Mayonnaise
	Pickle slices (optional)

TO SLOW COOK Place roast and onion in a 4- to 5-qt. slow cooker. In a medium bowl combine the next eight ingredients (through relish). Pour over meat and onion in cooker. Cover and cook on low 10 to 11 hours or on high 5 to 6 hours.

TO PRESSURE COOK Place roast and onion in a 4- to 6-qt. electric pressure cooker. In a medium bowl combine the next eight ingredients (through relish). Pour over meat and onion in cooker. Lock lid in place. Set cooker on high pressure to cook 35 minutes. When cooking time is complete, allow pressure to release naturally 15 minutes. Release any remaining pressure. Open lid carefully.

TO SERVE Remove meat from cooker, reserving liquid. Using two forks, shred meat. Add enough cooking liquid to meat to moisten. Serve in rolls with mayonnaise and, if desired, pickle slices. **Makes 6 servings.**

EACH SERVING *638 cal., 26 g fat (7 g sat. fat), 147 mg chol., 1,008 mg sodium, 46 g carb., 3 g fiber, 10 g sugars, 49 g pro.*

SLOW COOK

BARBECUE PULLED PORK SLIDERS

HANDS-ON TIME 30 minutes
SLOW COOK 9 to 10 hours (low) or 4½ to 5 hours (high) plus 1 hour (low)

1	**cup chopped onion**
¾	**cup chopped green bell pepper**
1	**2½- to 3-lb. boneless pork shoulder roast, trimmed**
1	**tsp. dried thyme, crushed**
½	**tsp. dried rosemary, crushed**
½	**cup reduced-sodium chicken broth**
1	**cup balsamic vinegar**
¾	**cup ketchup**
⅓	**cup packed brown sugar**
¼	**cup honey**
1	**Tbsp. Worcestershire sauce**
1	**Tbsp. Dijon mustard**
1	**clove garlic, minced**
½	**tsp. black pepper**
¼	**tsp. salt**
20	**cocktail-size hamburger buns or small round dinner rolls, split and toasted**
5	**cups deli coleslaw**
1¼	**cups coarsely chopped sweet or dill pickles**

BARBECUE PULLED PORK SLIDERS

1. In a 3½- or 4-qt. slow cooker combine onion and bell pepper. Add meat, cutting to fit if needed. Sprinkle with thyme and rosemary. Pour broth over meat. Cover and cook on low 9 to 10 hours or on high 4½ to 5 hours.

2. Meanwhile, for barbecue sauce, in a mixing bowl combine the next nine ingredients (through salt).

3. If using high, turn to low. Remove meat from cooker. Shred meat using two forks. Strain vegetable mixture, discarding liquid. Return shredded meat and strained vegetables to cooker. Stir in barbecue sauce. Cover and cook 1 hour more.

4. Serve meat mixture in buns with coleslaw and pickles.

Makes 20 servings.

EACH SERVING *245 cal., 5 g fat (1 g sat. fat), 39 mg chol., 406 mg sodium, 34 g carb., 1 g fiber, 15 g sugars, 15 g pro.*

SLOW-COOKED PORK TACOS WITH CHIPOTLE AÏOLI

SLOW COOK

SLOW-COOKED PORK TACOS WITH CHIPOTLE AÏOLI

HANDS-ON TIME 40 minutes
SLOW COOK 7 to 8 hours (low) or 3½ to 4 hours (high)

- **1 2- to 2½-lb. boneless pork sirloin roast, trimmed**
- **3 Tbsp. reduced-sodium taco seasoning mix**
- **1 14.5-oz. can no-salt-added diced tomatoes, undrained**
- **1 cup shredded romaine lettuce**
- **1 cup chopped mango**
- **⅔ cup thin bite-size strips peeled jicama**
- **½ cup light mayonnaise**
- **2 Tbsp. lime juice**
- **2 cloves garlic, minced**
- **½ to 1 tsp. finely chopped canned chipotle pepper in adobo sauce**
- **8 6-inch corn tortillas, warmed**
- **¼ cup coarsely snipped fresh cilantro**

1. Sprinkle meat with taco seasoning mix; rub in with your fingers. Place meat in a 3½- or 4-qt. slow cooker. Add tomatoes. Cover and cook on low 7 to 8 hours or on high 3½ to 4 hours.

2. Remove meat, reserving cooking liquid. Shred meat using two forks. Toss meat with enough of the cooking liquid to moisten. Reserve half (2½ cups) of the meat; store as directed below.

3. In a medium bowl combine lettuce, mango, and jicama. For chipotle aïoli, in a small bowl combine mayonnaise, lime juice, garlic, and chipotle pepper. Fill tortillas with meat, lettuce mixture, and chipotle aïoli. Sprinkle with cilantro.

TIP Place half of the meat in an airtight container and store in refrigerator up to 3 days or freeze up to 3 months. Thaw and heat for a taco meal.

Makes 4 servings plus 4 servings reserved meat mixture.

EACH SERVING *325 cal., 11 g fat (2 g sat. fat), 57 mg chol., 451 mg sodium, 36 g carb., 6 g fiber, 10 g sugars, 20 g pro.*

SLOW COOK/PRESSURE COOK

PULLED PORK GYROS WITH DILLED RADISH TZATZIKI

HANDS-ON TIME 20 minutes
SLOW COOK 10 to 12 hours (low) or 5 to 6 hours (high)
PRESSURE COOK 1 hour

- **1 5.3-oz. container plain Greek yogurt**
- **1 small cucumber, shredded (¼ cup)**
- **½ cup shredded radishes**
- **2 Tbsp. snipped fresh dill**
- **1 clove garlic, minced**
- **Salt and black pepper**
- **2½ tsp. dried oregano, crushed**
- **1½ tsp. dried marjoram, crushed**
- **1½ tsp. garlic powder**
- **1½ tsp. lemon zest**
- **2 to 3 lb. boneless pork shoulder, trimmed and cut into large chunks**
- **½ cup red wine**
- **1 Tbsp. lemon juice**
- **Pita bread**
- **Slivered red onion**
- **Feta cheese, crumbled**

1. For the tzatziki, in a medium bowl combine the first five ingredients (through garlic). Season with salt and pepper to taste. Cover and chill until ready to serve. For seasoning, in a small bowl combine oregano, marjoram, garlic powder, lemon zest, 1 tsp. salt, and 1 tsp. pepper. Reserve 1 Tbsp. seasoning. Rub pork with remaining seasoning. Prepare as directed using desired cooker.

TO SLOW COOK Place pork in a 3½- or 4-qt. slow cooker. Add wine. Cover and cook on low 10 to 12 hours or on high 5 to 6 hours.

TO PRESSURE COOK Place pork in a 4- to 6-qt. electric pressure cooker. Add wine. Lock lid in place. Set cooker on high pressure to cook 1 hour. When cooking time is complete, allow pressure to release naturally 15 minutes. Release any remaining pressure. Open lid carefully.

TO SERVE Using a slotted spoon, remove meat from cooker. Coarsely shred meat using two forks. Moisten with some of the cooking liquid. Add lemon juice and reserved seasoning; toss to coat. Serve meat in pita bread with tzatziki, red onion, and feta. If desired, top with additional dill and serve with lemon wedges.

Makes 8 servings.

EACH SERVING *379 cal., 10 g fat (4 g sat. fat), 79 mg chol., 856 mg sodium, 38 g carb., 2 g fiber, 3 g sugars, 30 g pro.*

PULLED PORK GYROS WITH DILLED RADISH TZATZIKI

PLANT-BASED PIZZA

It's easy to make these meaty little pies vegan. Swap the traditional dairy and meat products for slices of vegan mozzarella cheese and plant-based pepperoni, cooked plant-based strips of bacon, and plant-based Italian sausage crumbles.

"DEEP DISH" MEAT-LOVERS PIZZA

AIR FRY

"DEEP DISH" MEAT-LOVERS PIZZA

HANDS-ON TIME 20 minutes
COOK 12 minutes per pizza

1	**to 2 Tbsp. butter, softened**
1	**recipe Food Processor Pizza Dough (recipe, *p. 230*)**
12	**slices mozzarella cheese (8 oz.)**
½	**cup sliced pepperoni**
6	**slices Canadian-style bacon, chopped**
1	**cup cooked and crumbled Italian sausage**
1	**cup pizza sauce, warmed**
1	**tsp. garlic powder**

1. Preheat air fryer at 325°F. Generously grease four 8- to 12-oz. oven-going ramekins or bowls with some of the butter, greasing rims and at least 1 inch down outside of dishes.

2. Divide Food Processor Pizza Dough into four 4-oz. portions. On a lightly floured surface, roll each portion of dough into a circle that is about 2 inches larger than diameter of prepared ramekins. Line inside of ramekins with cheese slices, cutting as needed to cover bottoms and sides. Divide pepperoni among prepared ramekins and add Canadian bacon and sausage. Top with pizza sauce.

3. Cover ramekins with dough circles, stretching as needed to fit over tops and slightly down sides. Press edges of dough against rims to seal. Brush tops with remaining butter and sprinkle with garlic powder.

4. Working in batches if needed, place ramekins in air fryer basket. Cook 12 to 14 minutes or until crust is deep golden brown. Using a hot pad, carefully remove ramekins from basket and invert onto serving plates so contents flow into crust "bowls."

Makes 4 servings.

EACH SERVING *656 cal., 31 g fat (13 g sat. fat), 91 mg chol., 1,347 mg sodium, 58 g carb., 4 g fiber, 5 g sugars, 35 g pro.*

PORK AND SWEET POTATOES

PORK CHOPS WITH BRUSSELS SPROUTS

AIR FRY

PORK AND SWEET POTATOES

HANDS-ON TIME 10 minutes
COOK 20 minutes

2	**Tbsp. olive oil**
1	**Tbsp. chili powder**
1	**tsp. salt**
½	**tsp. smoked paprika**
¼	**tsp. black pepper**
12	**oz. pork tenderloin, trimmed**
2	**8-oz. sweet potatoes, peeled (if desired) and sliced ½ inch thick**
	Barbecue sauce (optional)

1. Preheat air fryer at 350°F. In a large bowl combine oil, chili powder, salt, paprika, and pepper. Remove half of the oil mixture and rub over meat. Add sweet potatoes to remaining oil mixture; toss to coat.

2. Arrange potatoes in air fryer basket. Top with meat, cutting to fit. Cook 20 minutes or until meat registers 145°F and potatoes are tender, turning meat and rearranging potatoes once. To serve, slice meat across the grain. If desired, drizzle with barbecue sauce. **Makes 4 servings.**

EACH SERVING *224 cal., 9 g fat (1 g sat. fat), 52 mg chol., 717 mg sodium, 17 g carb., 3 g fiber, 4 g sugars, 18 g pro.*

AIR FRY

PORK CHOPS WITH BRUSSELS SPROUTS

HANDS-ON TIME 25 minutes
TOTAL 25 minutes 1

1	**(8-oz.) bone-in center-cut pork chop**
⅛	**tsp. kosher salt**
½	**tsp. black pepper**
1	**tsp. olive oil**
1	**tsp. pure maple syrup**
1	**tsp. Dijon mustard**
6	**oz. Brussels sprouts, quartered**

1. Preheat an air fryer to 400°F.

2. Lightly coat pork chop with cooking spray; sprinkle with salt and ¼ tsp. pepper. Whisk together oil, syrup, mustard, and remaining ¼ tsp. pepper in a bowl. Add Brussels sprouts and toss to coat.

3. Put pork on 1 side of fryer basket and Brussels sprouts on the other. Cook 10 to 12 minutes, until pork is golden brown and an instant-read thermometer inserted into thickest part registers 145°F. **Makes 1 serving.**

EACH SERVING *337 cal., 11 g fat (2.5 g sat. fat), 494 mg sodium, 21 g carb., 10 g fiber, 8 g sugars, 40 g pro.*

HOT PEPPERS, PLEASE. HOT PEPPER VINEGAR IS THE CLASSIC CONDIMENT TO SPRINKLE OVER SOUTHERN-STYLE GREENS. REGULAR HOT SAUCE IS HEAT FIRST, VINEGAR SECOND. SOUTHERN-STYLE HOT PEPPER VINEGAR ADDS HEAT—TO BE SURE—BUT THE TANG HITS FIRST.

PRESSURE COOK

SOUTHERN-STYLE BLACK-EYED PEAS AND COLLARD GREENS

HANDS-ON TIME 15 minutes
COOK 25 minutes

3	**thick-cut bacon slices, chopped**
1½	**cups chopped yellow onion**
½	**cup chopped celery**
3	**garlic cloves, minced**
1	**Tbsp. fresh thyme leaves**
1	**dried bay leaf**
6	**cups reduced-sodium vegetable broth**
1	**lb. dried black-eyed peas (about 2½ cups)**
2	**cups chopped stemmed collard greens**
¾	**tsp. salt**
1	**Tbsp. hot pepper vinegar (optional)**

1. In a 5- to 6-qt. electric pressure cooker cook bacon on the sauté setting, stirring often, about 4 minutes or until browned and crisp. Add onion, celery, garlic, thyme, and bay leaf; cook, stirring often, about 2 minutes or until slightly softened. Press cancel.

2. Stir broth, black-eyed peas, collard greens, and salt into cooker. Lock lid in place. Set cooker on high pressure to cook 20 minutes. When cooking time is complete, let stand 15 minutes to release pressure naturally. Release any remaining pressure.

3. Open lid carefully. Remove and discard bay leaf. If desired, stir in hot sauce. **Makes 6 servings.**

EACH SERVING *310 cal., 4 g fat (1 g sat. fat), 548 mg sodium, 52 g carb., 16 g fiber, 11 g sugars, 19 g pro.*

PROSCIUTTO AND GOAT CHEESE PIZZA

AIR FRY

PROSCIUTTO AND GOAT CHEESE PIZZA

HANDS-ON TIME 20 minutes
COOK 6 minutes per pizza

- **1 recipe Food Processor Pizza Dough (recipe, *p. 230*)**
- **¼ cup basil pesto**
- **8 thin slices prosciutto, torn (2 oz.)**
- **1 cup crumbled soft goat cheese (chèvre) (4 oz.)**
- **2 cups arugula**
- **2 tsp. vinaigrette salad dressing**
- **Cracked black pepper**

1. Preheat air fryer to 375°F. Divide Food Processor Pizza Dough into four 4-oz. portions. On a lightly floured surface, roll one portion of dough into an 8-inch circle. Prick all over with a fork. Place in air fryer basket and cook 3 minutes. Remove from basket and place, top side down, on work surface.
2. Spread crust with 1 Tbsp. of the pesto and top with two slices of the prosciutto. Sprinkle with ¼ cup of the cheese. Return pizza to air fryer basket and cook 3 to 4 minutes or until cheese is softened and crust is golden. Repeat with remaining dough and toppings.
3. Before serving, in a medium bowl add arugula and vinaigrette dressing; toss to coat. Top pizzas with arugula and sprinkle with pepper.
Makes 4 servings.

EACH SERVING *445 cal., 18 g fat (6 g sat. fat), 19 mg chol., 734 mg sodium, 51 g carb., 3 g fiber, 2 g sugars, 18 g pro.*

SLOW COOK

CREAMY HAM AND POTATO CHOWDER

HANDS-ON TIME 20 minutes
SLOW COOK 3 hours plus 30 minutes (high)

- **12 oz. tiny yellow new potatoes, cut into ¾-inch pieces**
- **1 cup chopped onion**
- **2 14.5-oz. cans reduced-sodium chicken broth**
- **¼ cup cornstarch**
- **½ tsp. dried thyme, crushed**
- **¼ tsp. black pepper**
- **1 12-oz. can evaporated fat-free milk**
- **1 cup coarsely shredded carrots**
- **½ cup coarsely chopped cooked lean ham**
- **1 cup broccoli florets, cooked in the microwave**
- **¼ cup shredded cheddar cheese (1 oz.)**
- **2 tsp. snipped fresh thyme (optional)**

1. In a 4-qt. slow cooker combine potatoes and onion. Pour in broth. Cover and cook on high 3 hours.
2. In a medium bowl stir together cornstarch, dried thyme, and pepper. Whisk in evaporated milk. Stir milk mixture, carrots, and ham into vegetable mixture. Cover and cook 30 minutes more, stirring occasionally.
3. Top servings with broccoli, cheese, and, if desired, fresh thyme.
Makes 6 servings.

EACH SERVING *178 cal., 3 g fat (1 g sat. fat), 12 mg chol., 611 mg sodium, 27 g carb., 3 g fiber, 11 g sugars, 11 g pro.*

CREAMY HAM AND POTATO CHOWDER

HAM AND MIXED BEAN SOUP WITH KALE

SKIP THE SOAKING. MAKING LEGUME-BASED DISHES WITH THE PRESSURE COOKER ALLOWS THE COOK FLEXIBILITY TO SOAK DRY BEANS OVERNIGHT—OR NOT. NOT SOAKING JUST MEANS A SLIGHTLY LONGER COOK TIME.

PRESSURE COOK

HAM AND MIXED BEAN SOUP WITH KALE

HANDS-ON TIME 35 minutes
PRESSURE COOK 40 minutes

1 Tbsp. olive oil
1½ lb. cooked smoked pork hocks or meaty ham bones
1 cup mixed dry beans, such as kidney, pinto, cannellini, navy, and/or Great Northern, rinsed and drained
5 cups water
1 14.5-oz. can reduced-sodium chicken broth
1½ cups sliced carrots
1½ cups sliced celery
1½ cups sliced leeks
2 Tbsp. chopped fresh rosemary or 2½ tsp. dried rosemary, crushed
1 bay leaf
¼ tsp. black pepper
3 cups torn kale
Salt

1. In a 6-qt. electric pressure cooker heat olive oil on sauté setting. Cook pork hocks until browned. Add next nine ingredients (through pepper). Lock lid in place. Set cooker on high pressure to cook 40 minutes. When cooking time is complete, let stand 15 minutes to release pressure naturally. Release any remaining pressure. Open lid carefully.
2. Remove pork hocks; let cool slightly. Remove and discard bay leaf. If desired, mash beans lightly. When hocks are cool enough to handle, cut meat off bones and chop; discard bones. Stir meat and kale into soup. Set cooker on sauté setting; cook just until kale is wilted. Season to taste with salt and additional pepper. **Makes 6 servings.**

EACH SERVING *275 cal., 11 g fat (4 g sat. fat), 35 mg chol., 675 mg sodium, 29 g carb., 11 g fiber, 4 g sugars, 18 g pro.*

AIR FRY

CRISPY SAUSAGE AND CABBAGE

HANDS-ON TIME 10 minutes
COOK 10 minutes

2 Tbsp. vegetable oil
1 tsp. caraway seeds, lightly crushed
½ tsp. salt
¼ tsp. black pepper
½ of a small head red cabbage, cut into 4 wedges
1 cup thin onion wedges
1 13.5-oz. link cooked smoked sausage, cut into 4 pieces
Mustard (optional)

CRISPY SAUSAGE AND CABBAGE

1. Preheat air fryer to 375°F. In a small bowl combine oil, caraway seeds, salt, and pepper.
2. Arrange cabbage and onion in a single layer in air fryer basket. Top with sausage; drizzle with oil mixture. Cook 10 to 12 minutes or until cabbage is tender. If desired, serve with mustard. **Makes 4 servings.**

EACH SERVING *400 cal., 34 g fat (10 g sat. fat), 58 mg chol., 1,107 mg sodium, 11 g carb., 3 g fiber, 6 g sugars, 13 g pro.*

BUFFALO CHICKEN ZUCCHINI BOATS

ALL THE CRUNCH WITHOUT THE CALORIES

The air fryer is excellent at creating a crispy skin or crust on "fried" chicken or a crunchy exterior on french fries. You get the pleasure of fried food without the calories associated with cooking in oil.

AIR FRY

BUFFALO CHICKEN ZUCCHINI BOATS

HANDS-ON TIME 15 minutes
COOK 7 minutes

1	**10-oz. zucchini**
1	**cup shredded cooked chicken breast**
2	**oz. fat-free cream cheese, softened**
2	**Tbsp. light sour cream**
1	**Tbsp. cayenne pepper sauce**
2	**tsp. chopped fresh chives**
1	**tsp. chopped fresh dill**
½	**tsp. garlic powder**
¼	**tsp. black pepper**
¼	**cup shredded reduced-fat cheddar cheese (1 oz.)**

1. Trim ends of zucchini; cut zucchini in half lengthwise. Using a melon baller or a small measuring spoon, scoop out and discard seeds, leaving ¼-inch shells.
2. Preheat air fryer to 400°F. Place zucchini halves in air fryer basket. Cook 3 to 4 minutes or just until zucchini begins to soften. Remove from basket.
3. Meanwhile, for filling, in a small bowl combine next eight ingredients (through black pepper).
4. Carefully spoon filling into zucchini shells. Sprinkle with cheese. Return zucchini boats to basket. Cook 4 minutes or until filling is heated through and cheese is melted.
Makes 2 servings.

EACH SERVING *232 cal., 8 g fat (4 g sat. fat), 79 mg chol., 571 mg sodium, 7 g carb., 1 g fiber, 4 g sugars, 32 g pro.*

AIR FRY

CHICKEN AND BRUSSELS SPROUTS

Photo on p. 222.
HANDS-ON TIME 15 minutes
COOK 30 minutes

2	**Tbsp. olive oil**
2	**tsp. dried Italian seasoning, crushed**
1	**tsp. salt**
½	**tsp. black pepper**
6	**skin on, bone-in chicken thighs (2½ lb.)**
12	**oz. Brussels sprouts, trimmed and halved or quartered if large**
1	**lemon, cut into wedges**

1. Preheat air fryer to 350°F. In a large bowl combine oil, Italian seasoning, salt, and pepper. Remove half of the oil mixture and rub over chicken. Add Brussels sprouts to remaining oil mixture; toss to coat.
2. Mound Brussels sprouts on one side of air fryer basket. Add chicken on other side of basket, overlapping slightly if needed. Cook 30 minutes or until chicken is done (at least 175°F) and Brussels sprouts are tender, turning chicken and stirring sprouts once. Serve with lemon wedges. **Makes 6 servings.**

EACH SERVING *253 cal., 12 g fat (2 g sat. fat), 120 mg chol., 723 mg sodium, 10 g carb., 4 g fiber, 2 g sugars, 28 g pro.*

BBQ CHICKEN AND PINEAPPLE CALZONES

WHEAT BERRY SALAD WITH CHICKEN AND HERBS

AIR FRY

BBQ CHICKEN AND PINEAPPLE CALZONES

HANDS-ON TIME 20 minutes
COOK 10 minutes

- **1⅓ cups shredded cooked chicken**
- **½ cup chopped pineapple**
- **⅓ cup barbecue sauce**
- **¼ cup chopped red onion**
- **2 to 3 Tbsp. chopped fresh cilantro**
- **1 recipe Food Processor Pizza Dough (recipe, *p. 230*)**
- **1 cup shredded Monterey Jack cheese (4 oz.)**
- **1 Tbsp. olive oil**

1. Preheat air fryer to 375°F. For filling, in a medium bowl combine chicken, pineapple, barbecue sauce, onion, and cilantro.

2. Divide Food Processor Pizza Dough into four 4-oz. portions. On a lightly floured surface, roll each portion into a 7- to 8-inch circle. Spread bottom halves of circles with filling, using about ½ cup filling for each circle and leaving a ½-inch border. Top each with ¼ cup of the cheese. Brush edges of circles with water. Fold top halves of dough over filling and seal with a fork; prick tops. Brush with oil.

3. Working in batches if needed, place calzones, without touching, in air fryer basket. Cook 10 to 12 minutes or until golden. **Makes 4 servings.**

EACH SERVING *536 cal., 19 g fat (7 g sat. fat), 66 mg chol., 576 mg sodium, 63 g carb., 3 g fiber, 10 g sugars, 27 g pro.*

PRESSURE COOK

WHEAT BERRY SALAD WITH CHICKEN AND HERBS

HANDS-ON TIME 20 minutes
PRESSURE COOK 35 minutes
CHILL 4 hours

- **3 cups reduced-sodium chicken broth**
- **1 14.5-oz. can no-salt-added diced fire-roasted tomatoes, undrained**
- **1½ cups wheat berries**
- **¾ cup chopped cucumber**
- **½ cup chopped fresh flat-leaf parsley**
- **¼ cup thinly sliced green onions**
- **1 Tbsp. chopped fresh mint**
- **¼ cup lemon juice**
- **2 Tbsp. olive oil**
- **½ tsp. ground cumin**
- **¼ tsp. garlic salt**
- **1 lb. chopped cooked chicken**
- **¼ cup crumbled feta cheese (1 oz.)**

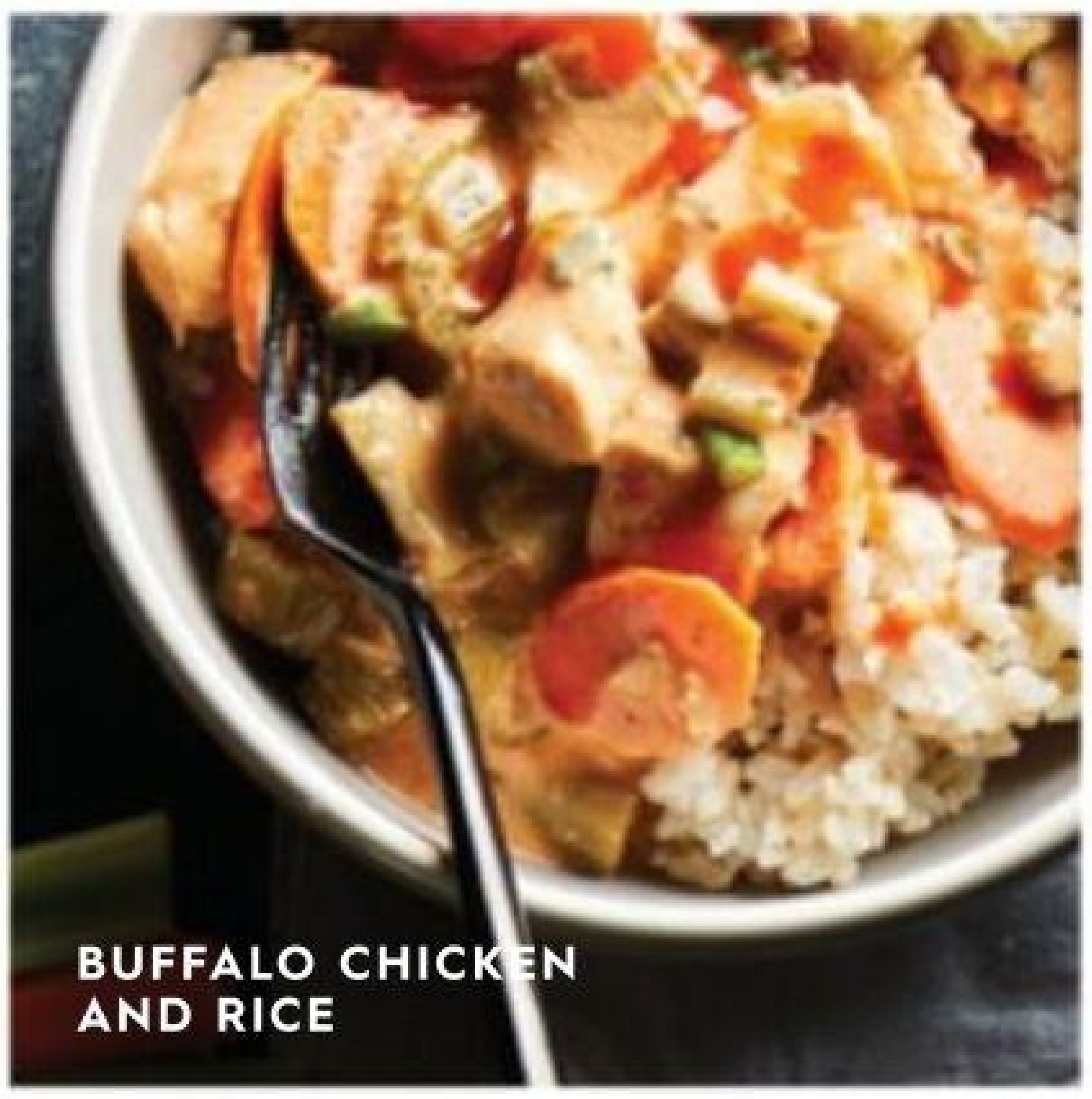
1. In a 6-qt. electric pressure cooker combine broth, tomatoes, and wheat berries. Lock lid in place. Set on high pressure to cook 35 minutes. When cooking time is complete, let stand 15 minutes to release pressure naturally. Release any remaining pressure. Open lid carefully.

2. Using a slotted spoon, transfer wheat berry mixture to a large bowl; discard liquid in cooker. Cool to room temperature.

3. Stir in next four ingredients (through mint). For dressing, in a screw-top jar combine next four ingredients (through garlic salt). Cover and shake well. Pour dressing over wheat berry mixture; toss gently to coat. Stir in chicken. Cover and chill 4 to 24 hours. Before serving, sprinkle with cheese. **Makes 8 servings.**

EACH SERVING *294 cal., 9 g fat (2 g sat. fat), 55 mg chol., 339 mg sodium, 29 g carb., 5 g fiber, 2 g sugars, 24 g pro.*

SKIN THAT CHICKEN. CHICKEN SKIN DOESN'T GENERALLY FARE WELL WHEN COOKED WITH A MOIST-HEAT METHOD—IT GETS RUBBERY, NOT CRISP. FOR BEST RESULTS, REMOVE CHICKEN SKIN BEFORE COOKING IN A SLOW COOKER OR PRESSURE COOKER.



BUFFALO CHICKEN AND RICE

SLOW COOK

BUFFALO CHICKEN AND RICE

HANDS-ON TIME 15 minutes
SLOW COOK 6 hours (low) or 3 hours (high) plus 30 minutes

3	**green onions**
1¼	**lb. skinless, boneless chicken breast, cut into 1-inch pieces**
1	**cup very thinly sliced carrots**
1	**cup sliced celery**
½	**cup reduced-sodium chicken broth**
½	**cup tomato sauce**
⅓	**cup coarsely chopped fresh Anaheim pepper (tip, *p. 23*)**
1	**1-oz. envelope dry ranch salad dressing mix**
2	**to 3 Tbsp. hot pepper sauce**
4	**oz. cream cheese**
3	**cups hot cooked brown rice**
¼	**cup crumbled blue cheese (1 oz.)**

1. Thinly slice green onions, separating white and green parts. In a 3-qt. slow cooker combine white parts of onions and next eight ingredients (through hot pepper sauce).

2. Cover and cook on low 6 hours or on high 3 hours. Stir in green parts of onions and the cream cheese. Cover and cook 30 minutes more.

3. Serve chicken mixture over rice. Sprinkle with blue cheese. If you like, top with additional sliced celery and/or hot sauce. **Makes 6 servings.**

EACH SERVING *356 cal., 12 g fat (6 g sat. fat), 92 mg chol., 777 mg sodium, 34 g carb., 3 g fiber, 3 g sugars, 27 g pro.*

SLOW COOK/PRESSURE COOK

CASHEW CHICKEN WRAPS WITH SWEET-TANGY SLAW

HANDS-ON TIME 20 minutes
SLOW COOK 5 to 6 hours (low) or 2½ to 3 hours (high)
PRESSURE COOK 12 minutes

¼	**cup rice vinegar**
2	**tsp. honey**
½	**tsp. salt**
3	**cups coarsely shredded red cabbage**
⅔	**cup slivered red onion**
2	**Tbsp. finely chopped fresh ginger**
2	**Tbsp. soy sauce**
2	**Tbsp. toasted sesame oil**
2	**Tbsp. honey**
½	**tsp. crushed red pepper**
2½	**to 3 lb. bone-in chicken thighs, skinned**
2	**cups fresh baby spinach leaves**
8	**large spinach or flour tortillas, warmed**
1	**cup chopped roasted cashews**
½	**cup thinly sliced green onions (optional)**
½	**cup chopped fresh cilantro (optional)**

1. For the Sweet-Tangy Slaw, in a large bowl whisk together vinegar, honey, and salt. Add cabbage and onion; toss until well coated. Cover; chill 2 hours or until ready to assemble wraps, stirring once or twice. In a small bowl whisk together the next five ingredients (through crushed red pepper). Prepare as directed using desired cooker.

TO SLOW COOK Trim fat from chicken; place chicken in a 3½- or 4-qt. slow cooker. Pour ginger mixture over chicken. Cover and cook on low 5 to 6 hours or on high 2½ to 3 hours.

TO PRESSURE COOK Trim fat from chicken; place chicken in a 4-qt. electric pressure cooker. Pour ginger mixture over chicken. Lock lid in place. Set cooker on high pressure to cook 12 minutes. When cooking time is complete, quickly release pressure. Open lid carefully.

TO SERVE Transfer cooked chicken to a cutting board, reserving cooking liquid in cooker. Allow chicken to cool until easy to handle. Remove chicken from bones; discard bones. Use two forks to coarsely shred chicken. Return to cooker with cooking liquid; toss to coat chicken. Divide spinach among warm tortillas. Use a slotted spoon to top tortillas with chicken and slaw. Sprinkle with cashews. If desired, top with green onions and cilantro. Fold in sides; roll up tortillas. Cut wraps in half. **Makes 8 servings.**

EACH SERVING *509 cal., 21 g fat (5 g sat. fat), 100 mg chol., 1,057 mg sodium, 52 g carb., 5 g fiber, 9 g sugars, 31 g pro.*

CASHEW CHICKEN WRAPS WITH SWEET-TANGY SLAW

CHICKEN SALSA TORTAS

CHICKEN AND CORNMEAL DUMPLINGS

SLOW COOK/PRESSURE COOK

CHICKEN SALSA TORTAS

HANDS-ON TIME 20 minutes
SLOW COOK 5 to 5½ hours (low)
PRESSURE COOK 15 minutes

- **2 lb. skinless, boneless chicken breast**
- **1 16-oz. jar salsa**
- **1 tsp. dried oregano, crushed**
- **½ tsp. garlic powder**
- **6 bolillo rolls or hoagie buns, split**
- **Queso fresco, crumbled**
- **Chopped fresh cilantro**
- **Shredded lettuce**

TO SLOW COOK Place chicken in a 3½- or 4-qt. slow cooker. In a small bowl stir together salsa, oregano, and garlic powder. Pour over chicken. Cover and cook on low 5 to 5½ hours.

TO PRESSURE COOK Place chicken in a 4- to 6-qt. electric pressure cooker. In a small bowl stir together salsa, oregano, and garlic powder. Pour over chicken. Lock lid in place. Set cooker on high pressure to cook 15 minutes. When cooking time is complete, release pressure quickly. Open lid carefully.

TO SERVE Transfer chicken to a cutting board, reserving liquid in cooker. Use two forks to shred chicken into large pieces. Transfer to a bowl. Spoon enough cooking liquid over chicken to moisten. Divide chicken among roll bottoms. Top with queso fresco, chopped cilantro, and shredded lettuce. Add roll tops.

Makes 6 servings.

EACH SERVING *425 cal., 8 g fat (2 g sat. fat), 117 mg chol., 1,058 mg sodium, 41 g carb., 4 g fiber, 5 g sugars, 45 g pro.*

SLOW COOK

CHICKEN AND CORNMEAL DUMPLINGS

HANDS-ON TIME 25 minutes
SLOW COOK 7 to 8 hours (low) or 3½ to 4 hours (high) plus 20 minutes (high)

- **2 cups thinly sliced carrots**
- **1 cup thinly sliced celery**
- **1 cup thinly sliced onion**
- **⅔ cup fresh or frozen corn**
- **2 tsp. snipped fresh rosemary or 1 tsp. dried rosemary, crushed**
- **3 cloves garlic, minced**
- **½ tsp. black pepper**
- **4 bone-in chicken thighs, skin removed**
- **2 cups reduced-sodium chicken broth**
- **1 cup fat-free milk**
- **2 Tbsp. all-purpose flour**
- **1 recipe Cornmeal Dumplings (recipe follows)**

1. In a 3½- or 4-qt. slow cooker combine the first seven ingredients (through pepper). Top with chicken. Pour broth over mixture in cooker. Cover and cook on low 7 to 8 hours or on high 3½ to 4 hours.

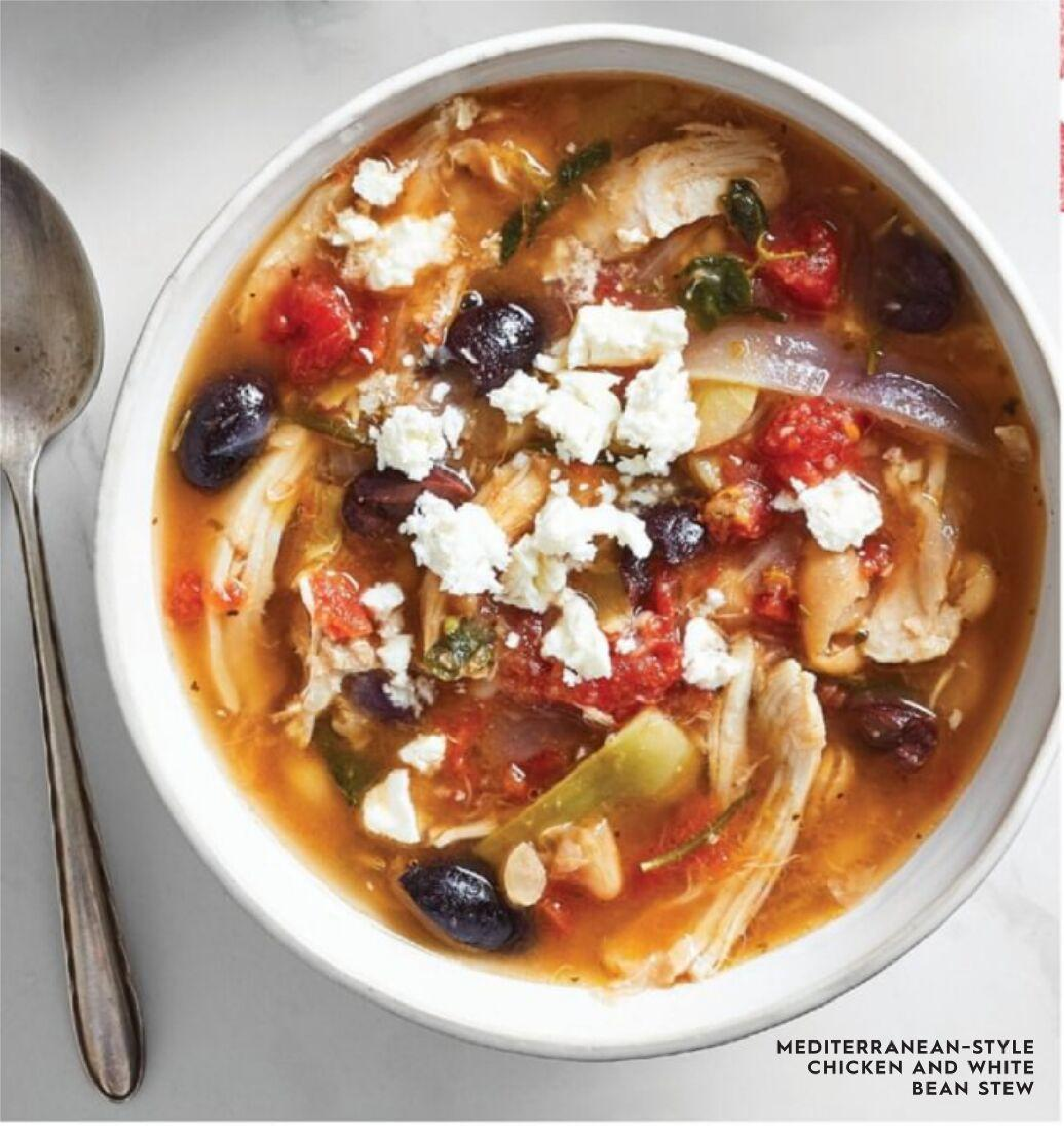
2. If using low, turn to high. Remove chicken; cool slightly. Remove meat from bones; discard bones. Cut up chicken; return to cooker. In a small bowl whisk milk into flour. Stir milk mixture into chicken mixture.

3. Prepare Cornmeal Dumplings. Drop dumpling dough into eight mounds on top of hot chicken mixture. Cover and cook 20 to 25 minutes more or until a toothpick comes out clean. If desired, sprinkle servings with additional pepper.

CORNMEAL DUMPLINGS In a bowl stir together 1 cup all-purpose flour, 1 cup shredded cheddar cheese (4 oz.), ⅔ cup yellow cornmeal, 2 tsp. baking powder, and ½ tsp. salt. In a small bowl combine 1 egg and ¼ cup each milk and melted butter. Add egg mixture to flour mixture. Stir with a fork until mixture is moistened.

Makes 4 servings.

EACH SERVING *369 cal., 10 g fat (1 g sat. fat), 55 mg chol., 582 mg sodium, 47 g carb., 5 g fiber, 9 g sugars, 24 g pro.*



MEDITERRANEAN-STYLE CHICKEN AND WHITE BEAN STEW

SLOW COOK

MANGO-CHICKEN TINGA

HANDS-ON TIME 30 minutes
SLOW COOK 4 to 5 hours (low) or 2 to 2½ hours (high)

- **1 medium mango, halved, seeded, peeled, and chopped**
- **1 medium sweet onion, cut into wedges**
- **2 lb. bone-in chicken thighs, skin removed**
- **1 14.5-oz. can fire-roasted diced tomatoes, undrained**
- **1¾ cups reduced-sodium chicken broth**
- **1 cup mango nectar**
- **3 cloves garlic, minced**
- **1½ tsp. chipotle chile powder**
- **½ tsp. kosher salt**
- **½ tsp. ground cumin**
- **½ tsp. ground ginger**
- **¼ tsp. ground cinnamon**
- **3 cups hot cooked brown rice**
- **Fresh pineapple (optional)**
- **Lime wedges (optional)**
- **Tortilla chips (optional)**

1. In a 3½- or 4-qt. slow cooker combine mango and onion. Add the next 10 ingredients (through cinnamon). Cover and cook on low 4 to 5 hours or on high 2 to 2½ hours.
2. Remove chicken; cool slightly. Remove meat from bones; discard bones. Shred chicken using two forks; return to cooker.
3. Serve chicken mixture over rice. If desired, serve with pineapple, lime wedges, and tortilla chips. **Makes 6 servings.**

EACH SERVING *257 cal., 3 g fat (1 g sat. fat), 53 mg chol., 317 mg sodium, 40 g carb., 2 g fiber, 13 g sugars, 17 g pro.*

SLOW COOK

MEDITERRANEAN-STYLE CHICKEN AND WHITE BEAN STEW

HANDS-ON TIME 10 minutes
SLOW COOK 4 to 5 hours (low) or 2 to 2½ hours (high)

- **1 red onion, cut into wedges**
- **2 lb. skinless, boneless chicken thighs**
- **4 sprigs fresh rosemary and/or fresh oregano**
- **2 bay leaves**
- **3 cups reduced-sodium chicken broth**
- **2 15-oz. cans no-salt-added cannellini beans, rinsed and drained**
- **1 14.5-oz. can diced tomatoes with basil, garlic, and oregano***
- **1 6-oz. jar marinated artichoke hearts, drained and chopped**
- **½ cup pitted Kalamata olives, drained and halved**
- **Crumbled feta cheese (optional)**

1. Place onion in a 5- to 6-qt. slow cooker. Add chicken, herb sprigs, and bay leaves. Top with broth, beans, tomatoes, and artichokes.
2. Cover and cook on low 4 to 5 hours or on high 2 to 2½ hours. Remove and discard herb sprigs and bay leaves. Transfer chicken thighs to a medium bowl. Use two forks to coarsely shred chicken. Use a potato masher to coarsely mash beans in slow cooker. Return shredded chicken to cooker and stir in olives. If desired, top servings with feta cheese. **Makes 8 servings.**

***TIP** Or use regular diced tomatoes and add ½ tsp. dried Italian seasoning, crushed, and 1 small clove garlic, minced.

EACH SERVING *287 cal., 10 g fat (2 g sat. fat), 90 mg chol., 703 mg sodium, 18 g carb., 5 g fiber, 6 g sugars, 29 g pro.*

MANGO-CHICKEN TINGA

MU SHU-STYLE
CHICKEN

SLOW COOK/PRESSURE COOK

MU SHU-STYLE CHICKEN

HANDS-ON TIME 20 minutes
SLOW COOK 6 hours (low) or 3 hours (high)
PRESSURE COOK 5 minutes

½	**cup hoisin sauce**
2	**Tbsp. water**
4	**tsp. toasted sesame oil**
1	**Tbsp. cornstarch**
1	**Tbsp. reduced-sodium soy sauce**
3	**large cloves garlic, minced**
1	**14- to 16-oz. pkg. shredded cabbage with carrots (coleslaw mix)**
1	**cup coarsely shredded carrots**
12	**oz. skinless, boneless chicken thighs, thinly sliced**
6	**8-inch flour tortillas, warmed**
	Sliced green onions

1. For sauce, in a small bowl combine the first six ingredients (through garlic). Prepare as directed using desired cooker.

TO SLOW COOK In a 3½- or 4-qt. slow cooker combine coleslaw mix and shredded carrots. Place chicken on top of cabbage mixture. Drizzle with ¼ cup of the sauce. Cover and cook on low 6 hours or high 3 hours.

TO PRESSURE COOK In a 6-qt. electric pressure cooker combine coleslaw mix, shredded carrots, and ¼ cup water. Place chicken on top of cabbage mixture. Drizzle with ¼ cup of the sauce. Lock lid in place. Set cooker on high pressure to cook 5 minutes. When cooking time is complete, allow pressure to release naturally 15 minutes. Release any remaining pressure. Open lid carefully.

TO SERVE Using a slotted spoon, spoon chicken mixture down center of tortillas (discard cooking liquid). Drizzle with remaining sauce. Top with green onions. **Makes 6 servings.**

EACH SERVING *321 cal., 10 g fat (2 g sat. fat), 54 mg chol., 874 mg sodium, 39 g carb., 4 g fiber, 10 g sugars, 14 g pro.*

SZECHWAN CHICKEN

SLOW COOK

SZECHWAN CHICKEN

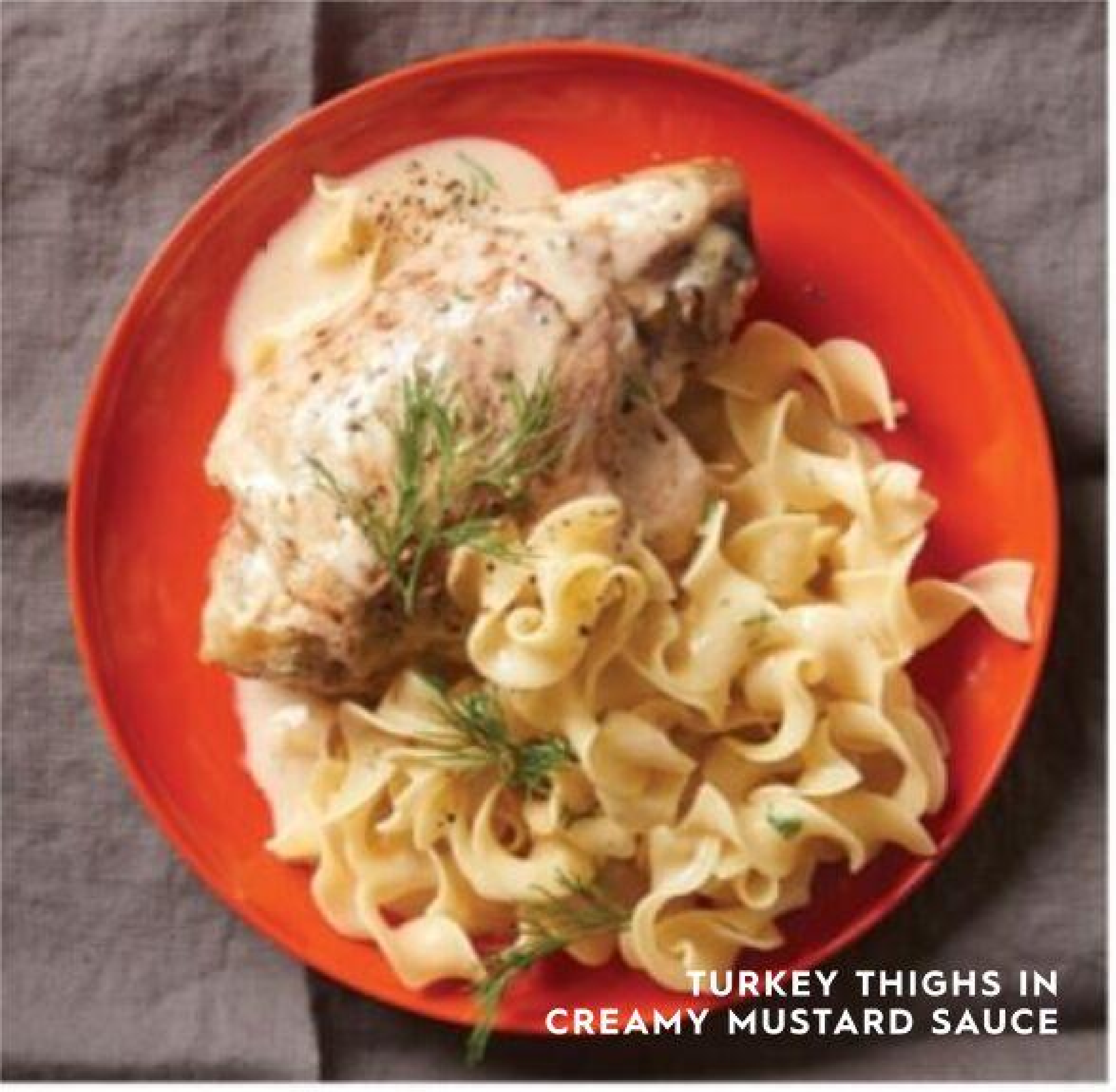
HANDS-ON TIME 30 minutes
SLOW COOK 5 to 6 hours (low) or 2½ to 3 hours (high)

2	**lb. skinless, boneless chicken thighs, cut into 1-inch pieces**
1½	**cups thinly sliced carrots**
1½	**cups thinly sliced celery**
1	**8-oz. can broken straw mushrooms, drained, or two 4-oz. cans sliced mushrooms, drained**
1	**8-oz. can whole baby corn, drained and cut up**
⅔	**cup stir-fry sauce**
2	**to 3 Tbsp. Asian chili garlic sauce**
1	**Tbsp. quick-cooking tapioca (crushed, if desired)**
6	**cups hot cooked rice**
¼	**cup dry-roasted honey-roasted peanuts, coarsely chopped (optional)**

1. In a 5- to 6-qt. slow cooker stir together the first eight ingredients (through tapioca). Cover and cook on low 5 to 6 hours or on high 2½ to 3 hours.

2. Serve chicken mixture and sauce over rice. If desired, sprinkle with peanuts. **Makes 6 servings.**

EACH SERVING *386 cal., 6 g fat (2 g sat. fat), 104 mg chol., 929 mg sodium, 47 g carb., 3 g fiber, 3 g sugars, 33 g pro.*


TURKEY THIGHS IN CREAMY MUSTARD SAUCE

SLOW COOK

TURKEY THIGHS IN CREAMY MUSTARD SAUCE

HANDS-ON TIME 15 minutes
SLOW COOK 10 to 12 hours (low) or 5 to 6 hours (high)

- **1 Tbsp. vegetable oil**
- **8 turkey thighs (about 6 lb.), skinned**
- **⅔ cup Dijon mustard**
- **2 Tbsp. honey**
- **1 tsp. dried dill or 1 Tbsp. snipped fresh dill**
- **½ tsp. salt**
- **½ tsp. dried thyme, crushed**
- **½ tsp. caraway seeds**
- **¼ tsp. black pepper**
- **½ cup sour cream**
- **1 Tbsp. all-purpose flour**
- **3 cups hot cooked noodles**

1. In an extra-large skillet heat the oil over medium-high heat. Cook turkey thighs in hot skillet until browned on all sides. In a 5- to 7-qt. slow cooker stir together mustard, ¼ cup water, the honey, dried dill (if using), salt, thyme, caraway seeds, and pepper. Top with turkey. Lightly sprinkle with additional salt and pepper. Cover and cook on low 10 to 12 hours or on high 5 to 6 hours.
2. Reserve two turkey thighs for use in Turkey Pasta Salad (recipe, *p. 205)*. Store as directed, *above right*. Transfer remaining turkey to a serving dish; cover and keep warm.
3. For sauce, strain cooking liquid. In a medium bowl whisk together sour cream and flour. Slowly whisk 2 cups of the strained cooking liquid into the sour cream mixture. Transfer mixture to a small saucepan. Cook and stir over medium heat until thickened and bubbly. Whisk in the 1 tablespoon fresh dill (if using). Season to taste with salt and black pepper. Serve turkey with sauce and hot cooked noodles. If desired, sprinkle with additional fresh dill. **Makes 6 servings.**

TO STORE RESERVES Place turkey in an airtight container; cover. Store in the refrigerator up to 3 days or freeze up to 3 months. If frozen, thaw in refrigerator overnight before using.

EACH SERVING *421 cal., 10 g fat (4 g sat. fat), 207 mg chol., 704 mg sodium, 30 g carb., 1 g fiber, 5 g sugars, 51 g pro.*

PRESSURE COOK

STUFFED BELL PEPPERS

HANDS-ON TIME 30 minutes
PRESSURE COOK 13 minutes

- **4 large bell peppers**
- **1 lb. lean ground turkey**
- **1 14.5-oz. can fire-roasted diced tomatoes**
- **1 large egg, lightly beaten**
- **1 cup cooked brown rice**
- **½ cup chopped sweet onion**
- **¼ cup grated Parmesan cheese (1 oz.)**
- **2 cloves garlic, minced**
- **1 tsp. dried Italian seasoning**
- **¼ tsp. kosher salt**
- **¼ tsp. black pepper**
- **¼ cup shredded reduced-fat Italian cheese blend (1 oz.)**

1. Cut off bell pepper tops; discard stems and chop remaining tops. Hollow out bell peppers, removing and discarding seeds and white pith. In a large bowl stir together chopped bell pepper tops and the next 10 ingredients (through black pepper). Stuff hollowed-out bell peppers evenly with mixture.
2. Pour ½ cup water into a 5- to 6-qt. electric pressure cooker. Place rack in cooker. Arrange stuffed bell peppers upright on rack. Lock lid in place. Set cooker on high pressure to cook 13 minutes. When cooking time is complete, let stand 5 minutes to release pressure naturally. Release any remaining pressure. Open lid carefully.
3. Top each stuffed bell pepper with about 1 Tbsp. Italian cheese blend. Place lid on cooker; let stand until Italian cheese melts, about 2 minutes. **Makes 4 servings.**

EACH SERVING *357 cal., 13 g fat (5 g sat. fat), 635 mg sodium, 29 g carb., 5 g fiber, 8 g sugars, 33 g pro.*

AIR FRY

GREEK TURKEY BURGERS

HANDS-ON TIME 10 minutes
COOK 15 minutes

- **8 oz. ground turkey breast**
- **1½ Tbsp. extra virgin olive oil**
- **2 tsp. chopped fresh oregano**
- **½ tsp. crushed red pepper**
- **¼ tsp. salt**
- **2 cloves garlic, minced**
- **½ cup fresh baby spinach**
- **¼ cup thinly sliced red onion**
- **½ Tbsp. red wine vinegar**
- **¼ cup crumbled feta cheese**
- **2 whole wheat burger buns, split and toasted**

1. Preheat air fryer to 360°F. Lightly coat fryer basket with nonstick cooking spray.
2. In a bowl stir together turkey, oil, oregano, red pepper, salt, and garlic. Mix well. Form mixture into 2 (½-inch-thick) patties and transfer to prepared fryer basket. Cook, turning over halfway through, 13 to 15 minutes, or until an instant-read thermometer inserted into centers registers 165°F.
3. In a bowl toss together spinach, onion, and vinegar. Sprinkle half of the feta on bun bottoms. Top with burgers, spinach mixture, remaining feta, and bun tops. **Makes 2 servings.**

EACH SERVING *448 cal., 17 g fat (5 g sat. fat), 151 mg chol., 1,033 mg sodium, 42 g carb., 3 g fiber, 3 g sugars, 29 g pro.*

GREEK TURKEY BURGERS

JUICY BURGERS

Ground turkey breast is very lean, but it can dry out if not handled properly. This recipe calls fa little olive oil in the mix to keep that from happening. Ground turkey thigh or a blend would work equally well.

SESAME-CRUSTED COD
WITH SNAP PEAS

HANDLE WITH CARE. FISH AND SEAFOOD REQUIRE GENTLE TREATMENT FOR BEST RESULTS. THEY NEED JUST A FEW MINUTES EXPOSED TO HEAT—WHATEVER ITS SOURCE—TO COME OUT TENDER AND JUICY, AND NOT DRIED OUT OR RUBBERY.

AIR FRYER

SESAME-CRUSTED COD WITH SNAP PEAS

START TO FINISH 30 minutes

4 (4- to 6-oz.) cod fillets, thawed if frozen
¼ tsp. salt
⅛ tsp. black pepper
3 Tbsp. butter, melted
2 Tbsp. sesame seeds
12 oz. sugar snap peas (3½ cups)
3 cloves garlic, thinly sliced
1 orange, cut into wedges

1. Preheat air fryer to 400°F. Coat fryer basket with nonstick cooking spray.
2. Pat fish dry with paper towels, then sprinkle with salt and pepper. Stir together butter and sesame seeds in a small bowl; set aside 2 Tbsp. for fish. In a large bowl toss peas and garlic with remaining butter mixture. Working in batches, transfer peas and garlic to prepared fryer basket. Cook, tossing once, until just tender, 10 minutes. Keep warm in a 200°F oven while cooking fish.
3. Brush fish with reserved butter mixture, then transfer to fryer basket. Cook 4 minutes. Turn fish over and brush with remaining butter mixture. Continue cooking until fish flakes with a fork, 5 to 6 minutes. Serve with peas and garnish with orange wedges. **Makes 4 servings.**

EACH SERVING *257 cal., 13 g fat (6 g sat. fat), 71 mg chol., 279 mg sodium, 12 g carb., 3 g fiber, 6 g sugars, 24 g pro.*

SLOW COOK/PRESSURE COOK

FARRO AND SHRIMP WITH PARMESAN AND FETA

HANDS-ON TIME 20 minutes
SLOW COOK 2 hours (high)
PRESSURE COOK 12 minutes

1 14.5-oz. can reduced-sodium chicken broth
1 cup pearled farro, rinsed
4 cloves garlic, minced
¼ tsp. salt
¼ tsp. black pepper
1 lb. medium fresh or frozen shrimp in shells, peeled and deveined
1 Tbsp. seafood seasoning
¼ cup grated Parmesan cheese (1 oz.)
1 Tbsp. butter
1 8-oz. bunch Swiss chard, stems removed, leaves chopped (8 cups)
1 Tbsp. fresh lemon juice
¼ cup crumbled feta cheese (1 oz.)

TO SLOW COOK In a 3½- or 4-qt. slow cooker combine first five ingredients (through pepper). Cover and cook on high 1½ hours. Meanwhile, in a medium bowl stir together shrimp and seafood seasoning. Add to cooker. Cook 30 to 45 minutes more or until farro is tender and shrimp is opaque.

TO PRESSURE COOK In a 4- to 6-qt. electric pressure cooker combine first five ingredients (through pepper). Lock lid in place. Set cooker on high pressure to cook 12 minutes. When cooking time is complete, release pressure quickly. Open lid carefully. In a medium bowl stir together shrimp and seafood seasoning. Add to cooker. Lock lid in place. Set cooker on high pressure to cook 1 minute. When cooking is done, release pressure quickly. Open lid carefully.

FARRO AND SHRIMP WITH PARMESAN AND FETA

TO SERVE Stir in Parmesan cheese and butter. Add Swiss chard and stir until wilted. Stir in lemon juice. Top servings with feta cheese. **Makes 4 servings.**

EACH SERVING *364 cal., 8 g fat (4 g sat. fat), 203 mg chol., 1,351 mg sodium, 41 g carb., 6 g fiber, 2 g sugars, 35 g pro.*

CURRIED SHRIMP
WITH CAULIFLOWER
AND CHICKPEAS

SLOW COOK

CURRIED SHRIMP WITH CAULIFLOWER AND CHICKPEAS

HANDS-ON TIME 20 minutes
SLOW COOK 5 to 6 hours (low) or 2½ to 3 hours (high) plus 30 minutes (high)

5 cups cauliflower florets
1 large onion, cut into ½-inch wedges
1 cup ¼-inch slices carrots
1 cup reduced-sodium chicken broth
½ cup sliced celery
2 Tbsp. curry powder
1 tsp. salt
¼ tsp. cayenne pepper
2 lb. fresh or frozen medium shrimp in shells
2 15-oz. cans no-salt-added chickpeas, rinsed and drained
1 cup canned unsweetened light coconut milk
2⅔ cups cooked brown basmati rice
½ cup snipped fresh cilantro
½ cup chopped unsalted dry-roasted peanuts
Lime wedges

1. In a 5- to 6-qt. slow cooker combine the first eight ingredients (through cayenne). Cover and cook on low 5 to 6 hours or on high 2½ to 3 hours.
2. Meanwhile, thaw shrimp, if frozen. Peel and devein shrimp, leaving tails intact if desired. Rinse shrimp; pat dry. Cover and chill until needed.
3. If using low, turn to high. Stir shrimp, beans, and coconut milk into mixture in cooker. Cover and cook 30 minutes more.
4. Serve shrimp mixture over rice. Sprinkle with cilantro and peanuts. Serve with lime wedges.
Makes 8 servings.

EACH SERVING *337 cal., 8 g fat (2 g sat. fat), 159 mg chol., 528 mg sodium, 40 g carb., 8 g fiber, 4 g sugars, 30 g pro.*

SLOW COOK

CLAM CHOWDER

HANDS-ON TIME 35 minutes
SLOW COOK 7 hours (low) or 3½ hours (high) plus 30 minutes (high)

1½ cups chopped celery
1½ cups chopped onions
1½ cups chopped red-skin potatoes
1¼ cups water
1 cup chopped carrots
1 cup reduced-sodium chicken broth or reduced-sodium vegetable broth
1 8-oz. bottle clam juice
1½ tsp. dried thyme, crushed
½ tsp. coarse ground black pepper
1 12-oz. can evaporated fat-free milk
3 Tbsp. cornstarch
2 6.5-oz. cans chopped clams, drained
2 Tbsp. dry sherry (optional)
1 tsp. red wine vinegar
2 slices turkey bacon, cooked and chopped
Chopped green onions (optional)

1. In a 3½- or 4-qt. slow cooker combine the first nine ingredients (through pepper). Cover and cook on low 7 hours or on high 3½ hours.
2. If using low, turn to high. In a medium bowl whisk evaporated milk into cornstarch. Stir milk mixture, clams, and, if desired, sherry into vegetable mixture. Cover and cook 30 to 60 minutes more or until bubbly around edges.
3. Before serving, stir in vinegar. Sprinkle servings with bacon and, if desired, green onions.
Makes 6 servings.

EACH SERVING *222 cal., 2 g fat (1 g sat. fat), 48 mg chol., 599 mg sodium, 27 g carb., 3 g fiber, 10 g sugars, 25 g pro.*

CLAM CHOWDER

CRISPY TOFU
"STIR-FRY"

AIR FRY

CRISPY TOFU "STIR-FRY"

HANDS-ON TIME 25 minutes
COOK 30 minutes

6 Tbsp. lower-sodium soy sauce
1 tsp. toasted sesame oil
1 (14-oz.) pkg. firm tofu, drained, patted dry, and cut into 1-inch cubes
2 Tbsp. cornstarch
1 onion, cut into thin wedges
1¼ cups bite-size strips red bell pepper
1 cup fresh snow or sugar snap pea pods, trimmed
3 Tbsp. rice vinegar
2 Tbsp. honey
1 Tbsp. grated fresh ginger
¼ tsp. crushed red pepper
2 cups hot cooked brown rice

1. Preheat air fryer to 400°F. Lightly coat fryer basket with nonstick cooking spray.
2. In a large bowl stir together 1 Tbsp. of the soy sauce and the sesame oil. Add tofu; toss gently to coat. Sprinkle with cornstarch; toss gently to coat. Transfer tofu to prepared basket. Cook, stirring gently halfway through, 20 minutes or until tofu is golden and crispy. Remove from basket.
3. Coat onion, bell pepper, and pea pods with cooking spray; add to basket. Cook until crisp-tender, about 5 minutes.
4. Meanwhile, for sauce, in a small saucepan stir together remaining soy sauce, the vinegar, honey, ginger, and crushed red pepper. Bring to a boil; reduce heat and simmer, uncovered, until reduced to ½ cup, about 5 minutes.
5. Toss tofu and vegetables with sauce in a serving dish. Serve with rice.
Makes 4 servings.

EACH SERVING *319 cal., 7 g fat (1 g sat. fat), 846 mg sodium, 51 g carb., 4 g fiber, 17 g sugars, 14 g pro.*

CRISPY TOFU AND VEGGIE BOWL

AIR FRY

CRISPY TOFU AND VEGGIE BOWL

HANDS-ON TIME 20 minutes
COOK 15 minutes

2 tsp. reduced-sodium soy sauce
½ tsp. toasted sesame oil
½ of a 14-oz. pkg. firm, water-packed tofu, drained, patted dry, and cut into 1-inch cubes
1 Tbsp. cornstarch
Nonstick cooking spray
⅔ cup bite-size strips red bell pepper
½ cup thin onion wedges
½ cup snow or sugar snap pea pods, trimmed and halved crosswise
2 cups fresh baby spinach
1 cup hot cooked quinoa
1 recipe Sesame-Dijon Dressing (recipe follows)
2 tsp. toasted sesame seeds
Sliced green onions (optional)

1. Preheat air fryer to 400°F. In a medium bowl combine soy sauce and sesame oil. Add tofu; toss gently to coat. Sprinkle with cornstarch; toss gently to coat. Lightly coat air fryer basket with nonstick cooking spray. Place tofu in a single layer in prepared basket. Cook 10 to 12 minutes or until tofu is golden and crisp, gently stirring once. Remove from basket.
2. Coat bell pepper, onion, and pea pods with cooking spray; add to basket. Cook about 5 minutes or until vegetables are crisp-tender.
3. Divide spinach, quinoa, tofu, and vegetables among serving bowls. Drizzle with Sesame-Dijon Dressing and sprinkle with sesame seeds. If desired, garnish with sliced green onions.
Makes 2 servings.

SESAME-DIJON DRESSING In a small bowl whisk together 2 Tbsp. each tahini and water, 2 tsp. each lemon juice and honey, 1 tsp. each olive oil and Dijon mustard, and ⅛ tsp. salt. Store in an airtight container in refrigerator up to 3 days.

EACH SERVING *413 cal., 20 g fat (3 g sat. fat), 369 mg sodium, 45 g carb., 8 g fiber, 11 g sugars, 18 g pro.*

FLAVOR PACKED. ALTHOUGH "GARAM MASALA" TRANSLATES FROM HINDI TO MEAN "HOT SPICES," IT REALLY ISN'T HOT AT ALL—JUST WARMING. SPECIFIC BLENDS VARY, BUT IT'S USUALLY SOME COMBINATION OF FENNEL, BAY LEAVES, BLACK PEPPER, CLOVES, CINNAMON, MACE, CARDAMOM, CUMIN, CORIANDER, AND CHILE POWDER.

MASALA CHICKPEAS AND SQUASH

AIR FRY

MASALA CHICKPEAS AND SQUASH

HANDS-ON TIME 10 minutes
COOK 12 minutes

- 3 **Tbsp. olive oil**
- 1 **tsp. garam masala**
- ½ **tsp. salt**
- ¼ **tsp. crushed red pepper**
- 3 **cups cauliflower florets**
- 2 **cups cubed, peeled butternut squash**
- 1 **15-oz. can chickpeas, rinsed and drained**
- **Ricotta cheese (optional)**
- ¼ **cup chopped fresh parsley**

1. Preheat air fryer at 400°F. In a large bowl combine oil, garam masala, salt, and crushed red pepper. Add cauliflower, squash, and chickpeas; toss to coat.

2. Transfer cauliflower mixture to fryer basket. Cook 12 to 14 minutes or until squash is tender, stirring once.

3. If desired, spread ricotta in four bowls. Add cauliflower mixture and top with parsley. If desired, drizzle with additional oil. **Makes 4 servings.**

EACH SERVING *220 cal., 12 g fat (2 g sat. fat), 439 mg sodium, 25 g carb., 7 g fiber, 5 g sugars, 6 g pro.*

SLOW COOK/PRESSURE COOK

COCONUT AND TURMERIC LENTILS WITH SPINACH

HANDS-ON TIME 15 minutes
SLOW COOK 8 hours (low) or 4 hours (high)
PRESSURE COOK 15 minutes

- 5 **cups reduced-sodium vegetable broth**
- 3 **cups uncooked brown lentils, rinsed and drained**
- 1 **14.5-oz. can no-salt-added diced tomatoes**
- 1 **cup finely chopped carrots**
- ½ **cup chopped onion**
- 2 **fresh serrano peppers, seeded and finely chopped (tip, *p. 23*)**
- 1 **tsp. ground coriander**
- 1 **tsp. ground cumin**
- ½ **tsp. salt**
- ½ **tsp. ground turmeric**
- 1 **14-oz. can unsweetened coconut milk**
- 1 **5-oz. pkg. fresh baby spinach**
- **Black pepper**
- 4 **cups hot cooked brown basmati rice or brown rice**
- **Orange wedges**

TO SLOW COOK In a 5- to 6-qt. slow cooker combine first 10 ingredients (through turmeric). Cover and cook on low 8 hours or on high 4 hours.

TO PRESSURE COOK In a 6-qt. electric pressure cooker combine first 10 ingredients (through turmeric). Lock lid in place. Set cooker on high pressure to cook 15 minutes. When cooking time is complete, let stand 15 minutes to release pressure naturally. Release any remaining pressure. Open lid carefully.

TO SERVE Stir in coconut milk and spinach. Season to taste with black pepper and additional salt. Serve over rice with orange wedges. **Makes 8 servings.**

EACH SERVING *544 cal., 9 g fat (8 g sat. fat), 624 mg sodium, 93 g carb., 10 g fiber, 8 g sugars, 22 g pro.*

COCONUT AND
TURMERIC LENTILS
WITH SPINACH

FARRO, BLACK BEAN, AND SPINACH BURRITOS

PRESSURE COOK

FARRO, BLACK BEAN, AND SPINACH BURRITOS

HANDS-ON TIME 20 minutes
PRESSURE COOK 10 minutes

1	**cup chopped onion**
2	**cloves garlic, minced**
¾	**tsp. salt**
1	**Tbsp. olive oil**
1	**cup dried pearled farro, rinsed and drained**
1	**15-oz. can black beans, rinsed and drained, or 1½ cups cooked black beans**
¾	**cup chopped red bell pepper**
3	**cups vegetable broth**
1	**Tbsp. ground coriander**
1	**tsp. ground cumin**
1	**cup fresh baby spinach**
1	**lime**
2	**cups chopped tomato**
1	**large ripe avocado, halved, seeded, peeled, and chopped**
2	**green onions, sliced**
¼	**cup chopped fresh cilantro**
8	**10-inch flour tortillas, warmed**
1	**cup shredded Monterey Jack cheese (4 oz.)**

1. In a 4- to 6-qt. electric pressure cooker cook onion, garlic, and ¼ tsp. of the salt in hot oil on sauté setting until tender. Stir in next six ingredients (through cumin).
2. Lock lid in place. Set cooker on high pressure to cook 10 minutes. When cooking time is complete, let stand 15 minutes to release pressure naturally. Release any remaining pressure. Open lid carefully. Drain, if necessary. Stir spinach into farro mixture.
3. Meanwhile, for salsa,* remove 2 tsp. zest and squeeze 1 Tbsp. juice from lime. In a bowl stir together lime zest and juice, tomato, avocado, green onions, cilantro, and remaining ½ tsp. salt.
4. Spoon farro mixture onto warm tortillas just below the center. Top with cheese and salsa. Fold bottom of each tortilla up and over filling. Fold sides in and over edges of filling. Roll up from the bottom. **Makes 8 servings.**
***TIP** Save time with purchased pico de gallo, stirring in chopped avocado, rather than making the salsa in Step 3.
EACH SERVING *469 cal., 15 g fat (5 g sat. fat), 13 mg chol., 1,257 mg sodium, 69 g carb., 10 g fiber, 5 g sugars, 17 g pro.*

PRESSURE COOK

CUBAN-STYLE BLACK BEANS AND RICE

HANDS-ON TIME 15 minutes
PRESSURE COOK 32 minutes

1	**cup chopped yellow or white onion**
¾	**cup chopped red bell pepper**
6	**cloves garlic, minced**
1	**Tbsp. olive oil**
2	**tsp. ground cumin**
1½	**tsp. dried oregano**
3½	**cups unsalted vegetable broth**
1	**cup dry black beans**
1	**cup long grain brown rice**
1	**tsp. kosher salt**
1	**dried bay leaf**
¼	**cup chopped fresh cilantro**
	Lime wedges
1	**avocado, peeled and chopped (optional)**

1. Preheat an electric pressure cooker on sauté setting for 3 minutes. Add onion, bell pepper, garlic, and oil to cooker. Cook, stirring constantly, until mixture is softened and fragrant, 1 to 2 minutes. Add cumin and oregano; cook, stirring constantly, until toasted and fragrant, about 1 minute. Press cancel.
2. Stir broth, beans, rice, salt, and bay leaf into mixture in cooker. Lock lid in place. Set cooker on high pressure to cook 32 minutes.
3. When cooking time is complete, let stand 10 minutes to release pressure naturally. Release any remaining pressure. Open lid carefully. Remove and discard bay leaf from mixture. Top with cilantro. Serve with lime wedges, and, if desired, chopped avocado.
Makes 4 servings.
EACH SERVING *416 cal., 6 g fat (1 g sat. fat), 548 mg sodium, 77 g carb., 11 g fiber, 4 g sugars, 15 g pro.*

PERFECT AVOCADOS. TO GET THE BEST AVOCADOS, BUY FIRM UNRIPE FRUIT THAT WILL NOT BRUISE WHEN YOU TRANSPORT IT HOME. LET STAND ON THE COUNTER FOR TWO TO THREE DAYS UNTIL THE FLESH INDENTS SLIGHTLY WHEN PRESSED WITH YOUR FINGER. THEN USE IMMEDIATELY OR REFRIGERATE.

BLACK BEAN AND OKRA STEW

PRESSURE COOK

STEWED CHICKPEAS AND TOMATOES OVER RICE

SOAK 10 hours
HANDS-ON TIME 15 minutes
PRESSURE COOK 15 minutes

8 oz. dry chickpeas
1 28-oz. can whole San Marzano tomatoes, undrained, cut up*
1 14.5-oz. can reduced-sodium chicken broth
½ cup chopped red onion
3 cloves garlic, minced
½ tsp. ground coriander
½ tsp. dried dill
½ tsp. dried oregano, crushed
½ tsp. smoked paprika
¼ tsp. salt
¼ tsp. black pepper
2 Tbsp. lemon juice
1 5-oz. pkg. baby spinach
Hot cooked brown rice
¼ cup chopped fresh flat-leaf parsley
4 oz. goat cheese (chèvre), crumbled or sliced (optional)

1. In an extra-large bowl combine chickpeas and 8 cups cold water. Cover and let stand in a cool place overnight. Drain and rinse.**

2. Place chickpeas and next 10 ingredients (through pepper) in a 4- to 6-qt. electric pressure cooker. Lock lid in place. Set cooker on high pressure to cook 15 minutes. Let stand 15 minutes to release pressure naturally. Release any remaining pressure. Open lid carefully.

3. Stir in lemon juice and spinach. Cover and let stand 3 minutes or until spinach is wilted. Serve over rice. Top with parsley and, if desired, goat cheese. **Makes 4 servings.**

***TIP** To easily cut up tomatoes, use kitchen scissors to snip tomatoes in the can.

****TIP** To quick-soak beans, in a 4- to 5-qt. Dutch oven combine chickpeas and 8 cups water. Bring to boiling; reduce heat. Simmer 2 minutes; remove from heat. Cover and let stand 1 hour.

EACH SERVING *411 cal., 4 g fat (1 g sat. fat), 587 mg sodium, 75 g carb., 12 g fiber, 15 g sugars, 19 g pro.*

SLOW COOK

BLACK BEAN AND OKRA STEW

HANDS-ON TIME 10 minutes
SLOW COOK 6 to 8 hours (low) or 3 to 4 hours (high)

2 15-oz. cans reduced-sodium black beans, rinsed and drained
1 28-oz. can fire-roasted diced tomatoes, undrained
1 14.4-oz. pkg. frozen bell pepper and onion stir-fry vegetables
2 cups frozen cut okra
1½ to 2 tsp. Cajun seasoning
Hot cooked brown rice (optional)

1. In a 3½- or 4-qt. slow cooker combine all ingredients except rice.

2. Cover and cook on low 6 to 8 hours or on high 3 to 4 hours, until stew is slightly thickened. If desired, serve over rice. **Makes 6 servings.**

EACH SERVING *177 cal., 1 g fat (0 g sat. fat), 0 mg chol., 622 mg sodium, 39 g carb., 9 g fiber, 8 g sugars, 9 g pro.*

STEWED CHICKPEAS AND
TOMATOES OVER RICE

TOMATO, WHITE BEAN, AND CAULIFLOWER STEW

VEGGIE SLOPPY JOES

SLOW COOK

TOMATO, WHITE BEAN, AND CAULIFLOWER STEW

HANDS-ON TIME 15 minutes
SLOW COOK 6 to 7 hours (low) or 3 to 3½ hours (high)

- **3 cups reduced-sodium vegetable broth**
- **2 15-oz. cans cannellini beans, rinsed and drained**
- **3 cups cauliflower florets**
- **2 cups cherry tomatoes**
- **4 shallots, peeled and halved**
- **4 cloves garlic, minced**
- **2 tsp. Italian seasoning, crushed**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **1 Tbsp. balsamic vinegar**
- **½ cup chopped toasted hazelnuts**
- **¼ cup fresh basil**

1. In a 4- to 5-qt. slow cooker combine broth, beans, cauliflower, 1 cup of the tomatoes, and next five ingredients (through pepper).

2. Cover and cook on low 6 to 7 hours or on high 3 to 3½ hours. Halve remaining 1 cup cherry tomatoes. Stir into stew along with balsamic vinegar. Serve stew in shallow bowls topped with hazelnuts and basil. **Makes 4 servings.**

EACH SERVING *276 cal., 10 g fat (1 g sat. fat), 607 mg sodium, 45 g carb., 15 g fiber, 8 g sugars, 17 g pro.*

SLOW COOK

VEGGIE SLOPPY JOES

HANDS-ON TIME 15 minutes
SLOW COOK 6 to 7 hours (low) or 3½ to 4 hours (high) plus 30 minutes (high)

- **1 cup chopped carrots**
- **1½ cups dried brown lentils, rinsed and drained**
- **½ cup brown rice**
- **½ cup chopped onion**
- **1 Tbsp. molasses**
- **1 Tbsp. yellow mustard**
- **½ tsp. salt**
- **1 clove garlic, minced**
- **¼ to ½ tsp. cayenne pepper**
- **4 cups reduced-sodium vegetable broth**
- **1 8-oz. pkg. fresh cremini mushrooms, chopped**
- **1 15-oz. can tomato sauce**
- **2 Tbsp. cider vinegar**
- **8 whole wheat hamburger buns, split and toasted**
- **Assorted toppers, such as chopped tomato, coarsely shredded lettuce, or red onion slices (optional)**

1. In a 3½- or 4-qt. slow cooker combine first nine ingredients (through cayenne pepper). Stir in broth.

2. Cover and cook on low 6 to 7 hours or on high 3½ to 4 hours. If using low, turn to high. Stir in mushrooms, tomato sauce, and vinegar. Cover and cook 30 minutes more.

3. Spoon lentil mixture into buns. Add desired toppers. **Makes 8 servings.**

EACH SERVING *315 cal., 3 g fat (0 g sat. fat), 0 mg chol., 662 mg sodium, 57 g carb., 8 g fiber, 10 g sugars, 17 g pro.*

PRESSURE COOKER

GRITS AND GREENS

HANDS-ON TIME 20 minutes
PRESSURE COOK 10 minutes

1	**Tbsp. canola oil**
1	**cup stone-ground grits**
1	**cup reduced-sodium chicken broth**
1	**cup 2% reduced-fat milk**
1	**Tbsp. unsalted butter**
½	**tsp. salt**
1	**(5-oz.) pkg. fresh baby spinach**

1. Select sauté setting on an electric pressure cooker. Select high temperature setting; heat oil in cooker about 2 minutes. Add grits; cook, stirring constantly, 2 minutes. Add 2 cups water, the broth, milk, butter, and salt; stir to combine. Press cancel.

2. Lock in place. Set cooker on high pressure to cook 10 minutes.

3. Let stand 15 minutes to release pressure naturally. Release any remaining pressure. Open lid carefully.

4. Add spinach to mixture in cooker; stir until thoroughly combined and grits are smooth and creamy. Place lid on cooker; let stand 3 minutes. Stir again and serve. **Makes 6 servings.**

EACH SERVING *159 cal., 5 g fat (2 g sat. fat), 212 mg sodium, 24 g carb., 3 g fiber, 2 g sugars, 4 g pro.*

GRITS AND GREENS

APPLE-SPICED
QUINOA AND
SWEET POTATOES

WHOLE WHEAT PITA PIZZAS

SLOW COOK

APPLE-SPICED QUINOA AND SWEET POTATOES

HANDS-ON TIME 15 minutes
SLOW COOK 3 hours (low) or 1½ hours (high) plus 1½ hours (high)

- **2¼ cups vegetable broth**
- **1½ lb. sweet potatoes, peeled and cut into 1-inch pieces**
- **1 medium onion, cut into wedges**
- **1 Tbsp. coconut oil or vegetable oil**
- **1 tsp. apple pie spice**
- **½ tsp. salt**
- **¼ tsp. black pepper**
- **1½ cups tricolor quinoa, rinsed and drained**
- **3 cups chopped fresh kale leaves (stems removed) or baby kale**
- **2 medium red and/or green apples, cored and chopped**
- **¼ cup chopped toasted walnuts**
- **Plain Greek yogurt (optional)**

1. In a 5- to 6-qt. slow cooker combine first seven ingredients (through pepper). Cover and cook on low 3 hours or on high 1½ hours. If using low, turn to high. Stir in quinoa. Cook 1 hour. Stir in kale and apples; cook 30 minutes more or until broth is absorbed.

2. Serve topped with walnuts and, if desired, Greek yogurt.

Makes 8 servings.

EACH SERVING *267 cal., 6 g fat (2 g sat. fat), 374 mg sodium, 46 g carb., 6 g fiber, 11 g sugars, 7 g pro.*

AIR FRY

WHOLE WHEAT PITA PIZZAS

START TO FINISH 30 minutes

- **4½ cups reduced-sodium marinara sauce**
- **4 whole wheat pita rounds**
- **2 cups baby spinach**
- **2 small plum tomatoes, sliced**
- **2 small cloves garlic, thinly sliced**
- **½ cup shredded mozzarella cheese**
- **2 Tbsp. shaved Parmigiano-Reggiano cheese**
- **Fresh basil leaves and crushed red pepper**

1. Preheat air fryer to 350°F.

2. Spread marinara evenly over pita rounds. Top with spinach leaves, tomato slices, garlic, and cheeses.

3. Transfer 1 pita to fryer basket. Cook until cheese is melted and pita is crisp, 4 to 5 minutes. Repeat with remaining pitas. Garnish with basil and crushed red pepper.

EACH SERVING *229 cal., 5 g fat (2 g sat. fat), 510 mg sodium, 37 g carb., 5 g fiber, 4 g sugars, 11 g pro.*

WHITE PIZZA

STAY WARM
When cooking with an air fryer, you often need to cook in batches. Keep the cooked pizzas or quesadillas warm in a 200°F oven while you finish cooking the remaining pizzas or quesadillas.

AIR FRY

WHITE PIZZA

HANDS-ON TIME 20 minutes
COOK 6 minutes

1 recipe Food Processor Pizza Dough (recipe, *p. 230*)
2 Tbsp. olive oil
¾ cup whole milk ricotta cheese
1 cup shredded mozzarella cheese (4 oz.)
1 tsp. crushed red pepper
½ tsp. sea salt flakes
2 Tbsp. chopped fresh basil
Honey (optional)

1. Preheat air fryer to 375°F. Divide Food Processor Pizza Dough into four 4-oz. portions. On a lightly floured surface, roll one portion of dough into an 8-inch circle. Prick all over with a fork. Place in air fryer basket and cook 3 minutes. Remove from basket and place, top side down, on work surface.
2. Drizzle crust lightly with 1½ tsp. of the oil and spread with 3 Tbsp. of the ricotta cheese. Sprinkle with ¼ cup of the mozzarella cheese, ¼ tsp. of the crushed red pepper, and ⅛ tsp. of the salt. Return pizza to air fryer basket and cook 3 to 4 minutes or until cheese is melted and golden. Repeat with remaining dough and toppings.
3. Before serving, sprinkle pizzas with basil and, if desired, drizzle with honey.
Makes 4 servings.

EACH SERVING *463 cal., 20 g fat (7 g sat. fat), 37 mg chol., 631 mg sodium, 55 g carb., 2 g fiber, 2 g sugars, 16 g pro.*

AIR FRY

VEGGIE QUESADILLAS

HANDS-ON TIME 20 minutes
COOK 10 minutes

1 cup shredded sharp cheddar cheese (4 oz.)
4 (6-inch) whole wheat tortillas
1 cup sliced red bell pepper
1 cup sliced zucchini
1 cup no-salt-added canned black beans, drained and rinsed
2 oz. plain reduced-fat Greek yogurt
1 tsp. lime zest
1 Tbsp. fresh lime juice
¼ tsp. cumin
2 Tbsp. chopped fresh cilantro
½ cup refrigerated pico de gallo

1. Preheat air fryer to 400°F. Lightly coat fryer basket with nonstick cooking spray.
2. Sprinkle 2 Tbsp. cheese over half of each tortilla. Top cheese with ¼ cup each bell pepper slices, zucchini slices, and black beans. Sprinkle evenly with remaining ½ cup cheese. Fold tortillas over to form half-moons and secure with toothpicks. Lightly coat with cooking spray.
3. Carefully transfer 2 quesadillas to basket. Cook, turning over halfway through, until golden brown and slightly crispy, cheese is melted, and vegetables are slightly softened, 10 minutes. Repeat with remaining quesadillas.
4. Meanwhile, stir together yogurt, lime zest, lime juice, and cumin in a small bowl. Cut quesadillas into wedges and sprinkle with cilantro. Serve with yogurt mixture and pico de gallo.
Makes 4 servings.

EACH SERVING *291 cal., 8 g fat (4 g sat. fat), 518 mg sodium, 36 g carb., 8 g fiber, 3 g sugars, 17 g pro.*

VEGGIE QUESADILLAS

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COOKING AT HIGH ALTITUDES

ALTHOUGH THERE IS NO SIMPLE FORMULA FOR CONVERTING ALL RECIPES FOR HIGH-ALTITUDE CONDITIONS, FOLLOW THESE ADJUSTMENTS IF YOU LIVE MORE THAN 1,000 FEET ABOVE SEA LEVEL.

GENERAL HIGH-ALTITUDE ISSUES

Higher than 3,000 feet above sea level:

WATER BOILS at lower temperatures, causing moisture to evaporate more quickly. This can cause food to dry out during cooking and baking.

BECAUSE OF A LOWER BOILING POINT, foods cooked in steam or boiling liquids take longer to cook.

LOWER AIR PRESSURE may cause baked goods that use yeast, baking powder, baking soda, egg whites, or steam to rise excessively, then fall.

COOKING ABOVE 6,000 FEET

Cooking at altitudes higher than 6,000 feet above sea level poses further challenges because the dry air found at such elevations influences cooking. Call your local United States Department of Agriculture Extension Service Office for advice.

SUGGESTIONS FOR BAKING

FOR CAKES LEAVENED BY AIR, such as angel food, beat the egg whites only to soft peaks; otherwise, the batter may expand too much.

FOR CAKES MADE WITH SHORTENING, you may want to decrease the baking powder (start by decreasing it by ⅛ tsp. per tsp. called for); decrease the sugar (start by decreasing by about 1 Tbsp. for each cup called for); and increase the liquid (start by increasing it 1 to 2 Tbsp. for each cup called for). These estimates are based on an altitude of 3,000 feet above sea level—at higher altitudes you may need to alter these measures proportionately. You can also try increasing the baking temperature by 15°F to 25°F to help set the batter.

WHEN MAKING A RICH CAKE, reduce the shortening by 1 to 2 Tbsp. per cup and add 1 egg (for a 2-layer cake) to prevent cake from falling.

COOKIES generally yield acceptable results, but if you're not satisfied, try slightly increasing baking temperature; slightly decreasing the baking powder or soda, fat, and/or sugar; and/or slightly increasing the liquid ingredients and flour.

MUFFINLIKE QUICK BREADS AND BISCUITS generally need little adjustment, but if you find that these goods develop a bitter flavor, decrease the baking soda or powder slightly. Because cakelike quick breads are more delicate, you may need to follow guidelines for cakes.

YEAST BREADS will rise more quickly at high altitudes. Allow unshaped dough to rise only until double in size, then punch the dough down. Repeat this rising step once more before shaping dough. Flour tends to be drier at high altitudes and sometimes absorbs more liquid. If your yeast dough seems dry, add more liquid and reduce the amount of flour the next time you make the recipe.

LARGE CUTS OF MEAT may take longer to cook. Be sure to use a meat thermometer to determine proper doneness.

SUGGESTIONS FOR RANGE-TOP COOKING

CANDY MAKING Rapid evaporation caused by cooking at high altitudes can cause candies to cook down more quickly. Therefore, decrease the final cooking temperature by the difference in boiling-water temperature at your altitude and that of sea level (212°F). This is an approximate decrease of 2°F for every increase of 1,000 feet in elevation above sea level.

CANNING AND FREEZING FOODS When canning at high altitudes, adjustments in processing time or pressure are needed to guard against contamination; when freezing, an adjustment in the blanching time is needed.

DEEP-FAT FRYING At high altitudes, deep-fried foods can overbrown but remain underdone inside. While foods vary, a rough guideline is to lower the temperature of the fat about 3°F for every 1,000 feet in elevation above sea level.

MORE INFO

For more information on cooking at high altitudes, contact your county extension office or visit the Colorado State University extension services at *extension.colostate.edu* and search for "High Altitude Food Preparation."

METRIC INFORMATION

PRODUCT DIFFERENCES

Most of the ingredients called for in the recipes in this book are available in most countries. However, some are known by different names. Here are some common American ingredients and their possible counterparts:

SUGAR (white) is granulated, fine granulated, or castor sugar.

POWDERED SUGAR is icing sugar.

ALL-PURPOSE FLOUR is enriched, bleached, or unbleached white household flour. When self-rising flour is used in place of all-purpose flour in a recipe that calls for leavening, omit the leavening agent (baking soda or baking powder) and salt.

LIGHT-COLOR CORN SYRUP is golden syrup.

CORNSTARCH is cornflour.

BAKING SODA is bicarbonate of soda.

VANILLA OR VANILLA EXTRACT is vanilla essence.

GREEN, RED, OR YELLOW BELL PEPPERS are capsicums or sweet peppers.

GOLDEN RAISINS are sultanas.

SHORTENING is solid vegetable oil (substitute Copha or lard).

MEASUREMENT ABBREVIATIONS

MEASUREMENT	ABBREVIATION
fluid ounce	fl. oz.
gallon	gal.
gram	g
liter	L
milliliter	ml
ounce	oz.
package	pkg.
pint	pt.

COMMON WEIGHT EQUIVALENTS

IMPERIAL / U.S.	METRIC
½ ounce	14.18 g
1 ounce	28.35 g
4 ounces (¼ pound)	113.4 g
8 ounces (½ pound)	226.8 g
16 ounces (1 pound)	453.6 g
1¼ pounds	567 g
1½ pounds	680.4 g
2 pounds	907.2 g

OVEN TEMPERATURE EQUIVALENTS

FAHRENHEIT SETTING	CELSIUS SETTING
300°F	150°C
325°F	160°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C
475°F	240°C
500°F	260°C
Broil	Broil

*For convection or forced-air ovens (gas or electric), lower the temperature setting 25°F/1°C when cooking at all heat levels.

APPROXIMATE STANDARD METRIC EQUIVALENTS

MEASUREMENT	OUNCES	METRIC
⅛ tsp.		0.5 ml
¼ tsp.		1 ml
½ tsp.		2.5 ml
1 tsp.		5 ml
1 Tbsp.		15 ml
2 Tbsp.	1 fl. oz.	30 ml
¼ cup	2 fl. oz.	60 ml
⅓ cup	3 fl. oz.	80 ml
½ cup	4 fl. oz.	120 ml
⅔ cup	5 fl. oz.	160 ml
¾ cup	6 fl. oz.	180 ml
1 cup	8 fl. oz.	240 ml
2 cups	16 fl. oz. (1 pt.)	480 ml
1 qt.	64 fl. oz. (2 pt.)	0.95 L

CONVERTING TO METRIC

centimeters to inches	divide centimeters by 2.54
cups to liters	multiply cups by 0.236
cups to milliliters	multiply cups by 236.59
gallons to liters	multiply gallons by 3.785
grams to ounces	divide grams by 28.35
inches to centimeters	multiply inches by 2.54
kilograms to pounds	divide kilograms by 0.454
liters to cups	divide liters by 0.236
liters to gallons	divide liters by 3.785
liters to pints	divide liters by 0.473
liters to quarts	divide liters by 0.946
milliliters to cups	divide milliliters by 236.59
milliliters to fluid ounces	divide milliliters by 29.57
milliliters to tablespoons	divide milliliters by 14.79
milliliters to teaspoons	divide milliliters by 4.93
ounces to grams	multiply ounces by 28.35
ounces to milliliters	multiply ounces by 29.57
pints to liters	multiply pints by 0.473
pounds to kilograms	multiply pounds by 0.454
quarts to liters	multiply quarts by 0.946
tablespoons to milliliters	multiply tablespoons by 14.79
teaspoons to milliliters	multiply teaspoons by 4.93

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